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If you were dropped into dense bush country a
zillion miles from nowhere and knew nothing about
survival techniques and you found a book dealing
with that very subject

GOIN' DOWN THE RIVER



You cannot survive in a university by limiting your activities to classrooms and the library. Education and university is a collective experience. Each person in the university community is collectively responsible for one another. It's a bit mind blowing when you think that there are literally thousands of people around here for you to get into. They owe it to you and you owe it to them.

This book is simply a result of that belief.

Use it as a source of information. Become part of it so that others can benefit from your knowledge. Let us know what you think of it. Browse through it. Enjoy it.

'We dedicate this book to you'

THE FRIENDLY FOLK AT STUDENT SERVICES

NORM FENN
VI HORGAN
GERRY NEARY
BOB NIXON
BOB PERRON
INGRID SANDEMAN

THE REAL PEOPLE

ROCK CHAN WHO TOOK PHOTOS
LANCE CLARK
TONA LANCASTER WHO DREW PICTURES
GERRY POTTERY
JIM ROBERTS
BILL STEPHENSON
SUE STOCK

RULES OF SURVIVAL

1. Discuss your problem with someone who can suggest a proper course of action for you to take.
2. The higher you go the better your chances are of getting a fair deal.
3. Whenever possible make certain that oral promises get down on paper.
4. It is helpful to befriend members of faculty and to have them intervene on your behalf.
5. Be polite but insistent —keep on asking 'why' until you are satisfied.
6. If decisions are made with which you do not agree, find out the appeal procedure and follow that up.
7. Persevere..

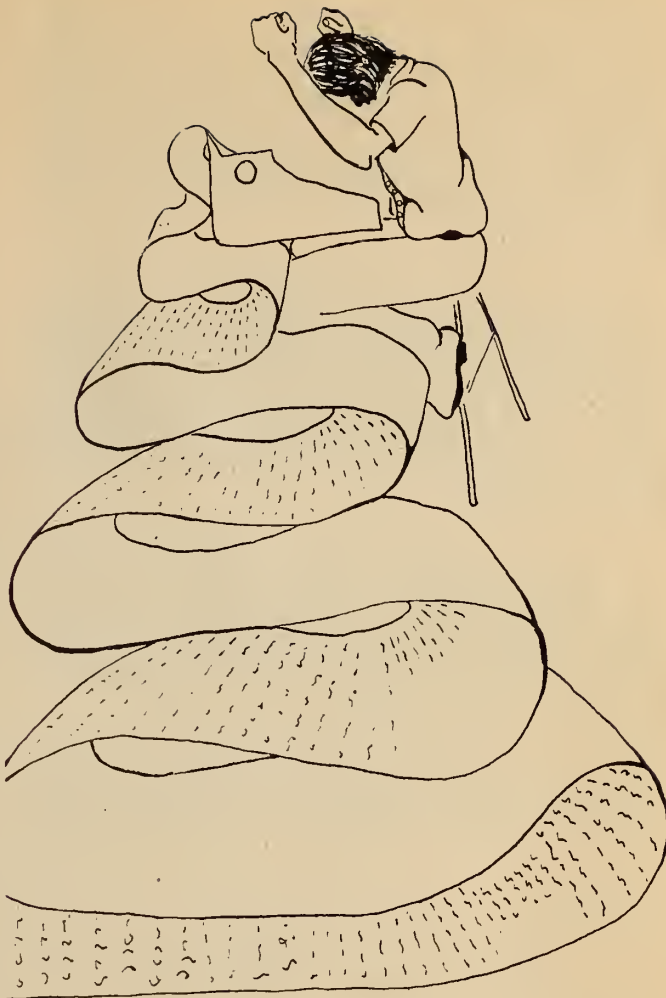
Abbreviations

This is a list of some of the abbreviations that the university is prone to use. Most students never need to know them and I doubt that you will either. However just in case

N.U.G.	New University Government.
C.U.S.A.	Carleton University Student's Association.
O.F.S.	Ontario Federation of Students.
Alum.	Alumni Association.
C.H.S.	Couselling and health Services.
C.U.S.O.	Canadian University Services Overseas.
I.C.S.	Institute of Canadian Studies.
O.C.E.	Office of continuing Education.
U.C.	University Centre.
Gens.	General Services.
Insa.	Instructional Aids.
I.O.	Information Office.
O.D.A.I.D.	Office of the Dean of ARTS 1. Division.
O.D.A.11 D.	Office of the Dean of ARTS 1.1. Division.
O.D.S.C.	Office of the Dean of Science.
O.D.S.T.	Office of the Dean of Student's Services.
S.S.R.	Social Science Reading Room.
S.S.	Stationery and Supplies.
BusOf.	Business Office.
A.S.	Administrative Services.
A.O.	Awards Office.

Abortions

If you feel you might want an abortion contact ARCAL, 180 Argyle Avenue, Room 146, 'phone 232-9608. ARCAL is a National Information Centre for abortion, birth control and sterilization. The organizations runs a pregnancy distress service, providing pre-abortion counselling for women with problems and unplanned pregnancies. It's regular office hours are supplemented by a 24-hour-a-day answering service. In addition to counselling, they will provide financial assistance if you need it.



Academic Hardware

Computers are available Monday to Friday 8:30 a.m.-11 p.m., Sat. 8:30-5 p.m. There are terminals in the Administration building, room 408; room C463 in Loeb; rooms 352 and 365 of the Engineering bldg. In order to use the computers one must have an account which can be obtained in room 408, Administration building.

Electronic Calculators — calculators for the analysis of statistical data are available in the Statistics Lab., room C479 Loeb. Mon. to Fri. 8:30-5 p.m. A number of departments have their own calculators that may be used by students in the department — ask the secretary of your department.

Duplicating machines — Xerox photocopy machines are available in the library on the 3rd, 4th and 5th floors. There are also machines in the Store of the Unicentre and in the Students' Council office, room 508 Unicentre. Cost — 5c per page. Students' Council also has a Gestetner machine and a ditto machine.

Academic Advice

A study was conducted by the Office of the Dean of Student Services as to where students obtain academic advice — 27 different sources were named and most were quite frightening. As of this date it's still pretty much a jungle although there has been some talk about establishing a centralized academic advisory service.

An attempt has been made here to categorize the types of academic questions you may encounter and to suggest a place where they can probably help you to or at least get you on the right track. It's really important not to get yourself into an academic mess. Before you do anything check it out with someone who knows. If you don't you may find that you'll have wasted a year.

This section does not cover academic rules and regulations. There is a separate section in this book entitled 'rules and regulations'. Finally, if you think your problem is unusual or if you're not certain what to do, go to the Office of the Dean of Student Services, 330 Paterson Hall, 231-3723.

If you are in a School or an Institute — journalism, commerce, public administration, Soviet and East European studies, architecture — you'll find that most

If You

1. Don't know what you want to do at Carleton

2. Have an idea about what faculty you'd like to be in but not which discipline

3. Want to see about majoring or honouring in a discipline

Want information concerning combining disciplines

Want information regarding post graduate studies in a particular discipline at a school other than Carleton

4. Want information with respect to particular courses in a discipline

5. Want information concerning post graduate studies at Carleton

6. Have academic difficulty during the year and cannot isolate the problem, or can and wish to discuss it

7. Want information as to other alternatives to being at Carleton

things emanate from and therefore should be resolved by the Office of the Director of that particular institute or school. The Faculty of Engineering is pretty well in the same boat, but the faculties of Arts and Science are a bit different.

Architecture Room 302 Architecture Bldg. 231-3656

Commerce Level 3A Room 62 Paterson Hall 231-4374

Engineering Room 353 Mackenzie Bldg. 231-6664

Journalism Room 1108 — Arts Tower 231-5554

Public Administration — Level 3A Room 61 Paterson Hall 231-6360

Soviet and East European Studies — Room 261 Paterson Hall 231-2711

Then See

Counselling and Health Services 6th floor, University Centre

Arts Academic Advisory Service level 2, Paterson Hall — 239 — 241 Office of the Dean of Science Room 388 Tory Bldg.

The departmental office of the discipline you have in mind

The course guide or if an entry is not available for the course you wish then see the department concerned

Office of the Dean of Graduate Studies Room 215 Paterson hall

Counselling and Health Services 6th floor, University Centre

The reference section in the library for the calendars to other institutions. Counselling and Health Services for general discussion or aptitude testing

Academic Organization

The bottom part of the academic organization is the closest part to you. That is the course. The course is under the jurisdiction of whatever department it is in. Departments and Schools are joined together to form a faculty. Faculties make up the university.

Professors are members of a department or school. Each department has a chairman and schools have directors (eg. School of Commerce). Directors and chairmen are more administrative positions than academic with directors holding more power. Both of these report to Deans who are sometimes called "Building Barons". They head up the various faculties, though Arts has two Deans (one Dean for Division I, Humanities, and one Dean for Division II, Social Sciences).

The above gives you an outline of the structures and people involved. For each of these levels there are committees and boards all of which have student representation (see University Government).

Again starting from the bottom is the **departmental Board**. Within that are several committees some administrative some academic. Recommendations regarding matters within the department are channeled to the Faculty Board.

Faculty Boards are set up for Arts, Science, Engineering, St. Patrick's College and Graduate Studies. The Schools of Architecture and Social Work have councils which basically amount to the same

thing. Faculty Boards deal with matters within their own areas. Some matters are referred from the Departments while others are taken up directly by the Faculty Board. Sub committees are formed some of which are important others being somewhat mundane and existing as a result of necessity. The latter are more administrative than anything else. The important one's are **Admissions and Studies** and **Course Evaluation**.

Above the Faculty Boards and the Supreme Academic legislator is Senate.

Senate a) considers and determines all courses of study, including requirements for admission.

b) recommends the establishment of additional faculties, schools, departments, chairs, or courses of instruction.

c) receives and considers matters from Faculty Boards.

d) conducts examinations and appoints examiners.

e) grants degrees and diplomas

f) awards scholarships, medals and prizes.

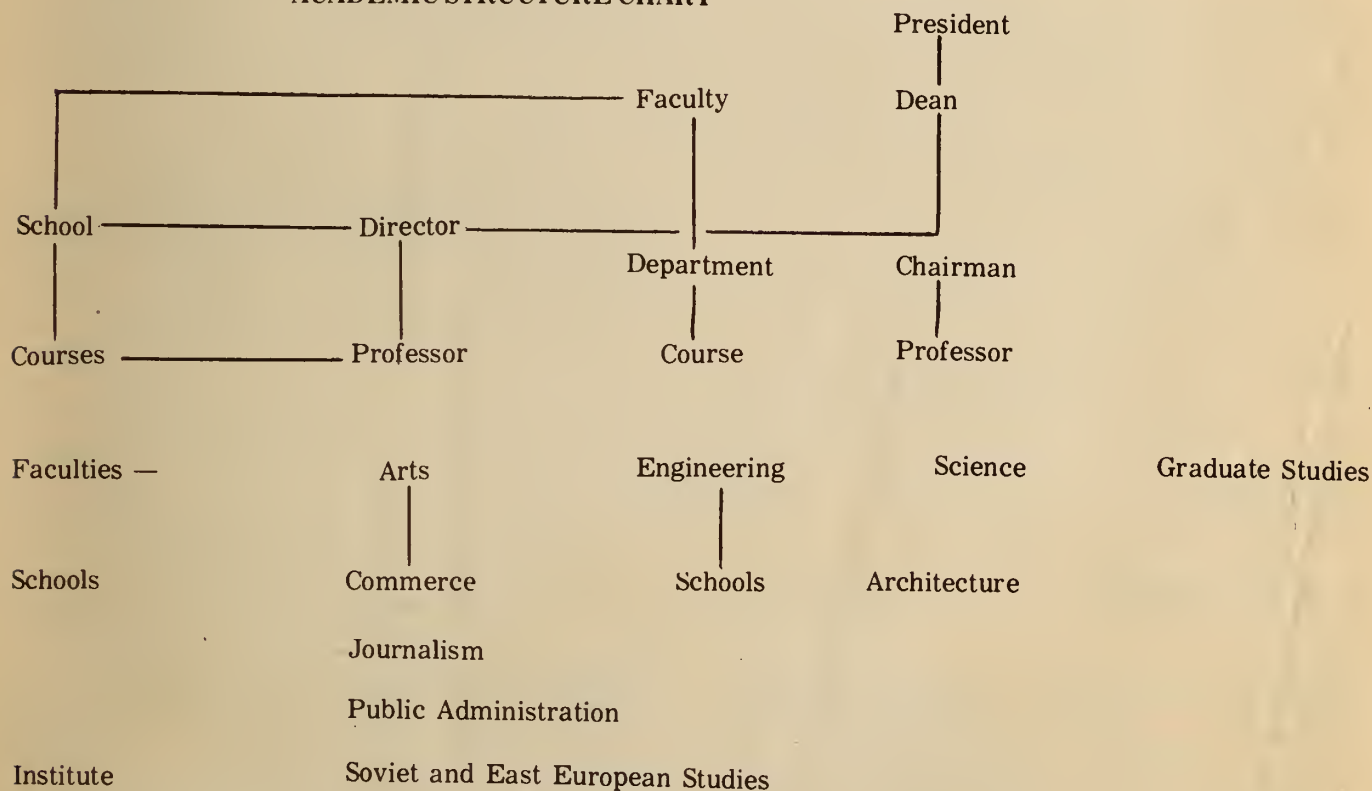
g) makes rules and regulations respecting the conduct and activities of the students of the university.

h) publishes the calendar

i) makes recommendations as may be deemed proper for achieving the objectives and purposes of the university.

j) makes rules and regulations for the conduct of its affairs.

ACADEMIC STRUCTURE CHART



NB

ARTS 2 Divisions — 2 Deans

(1) Humanities

(2) Social Sciences

Administrative Advice

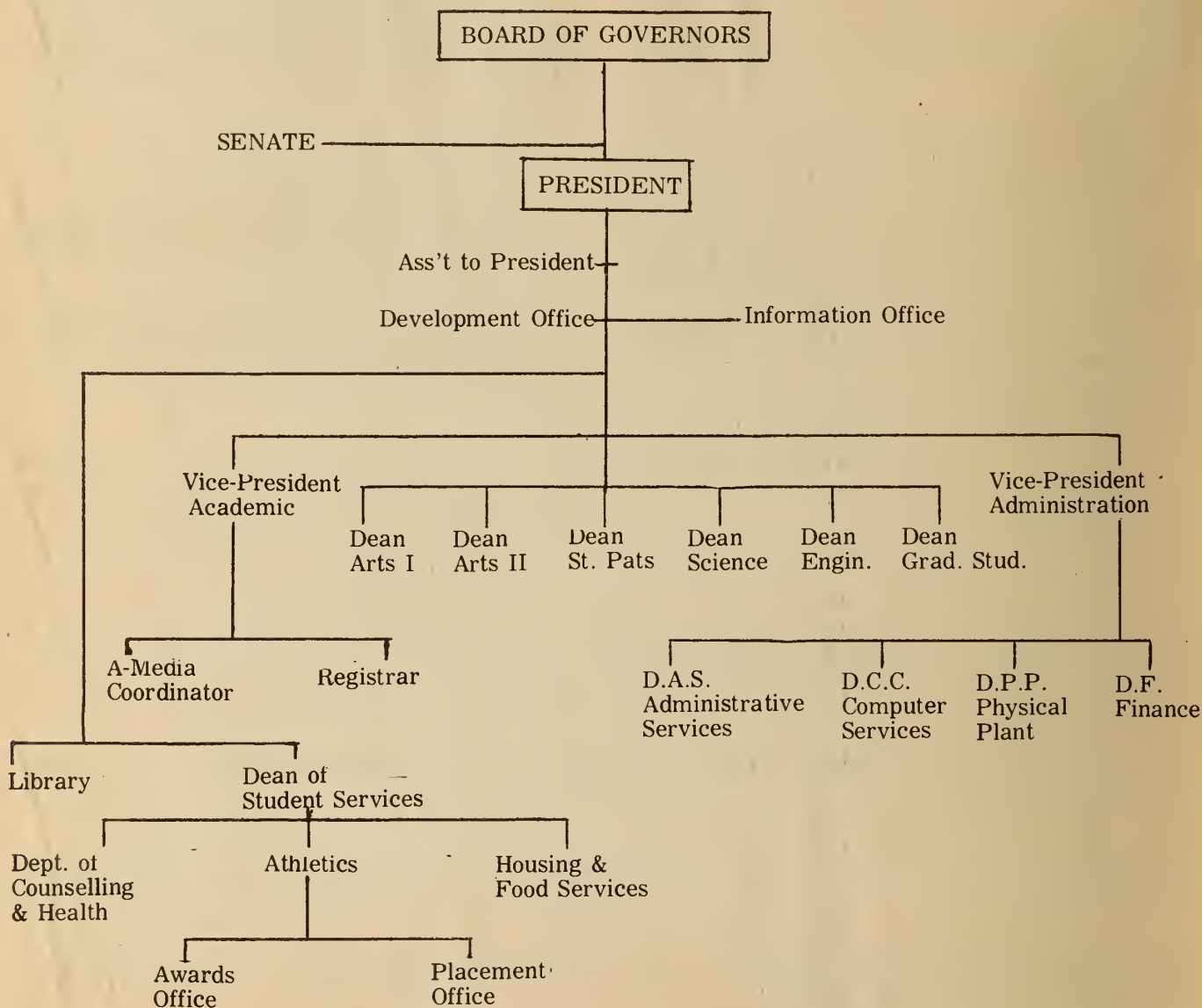
Somewhere along the line you'll most likely run into a hassle with the administrative sector of the university. Parking tickets, fee payments, library fines, de-registration and so on, are some of the problems you may encounter. All of these areas are covered fairly extensively under the appropriate sections in this book. Rather than make advice redundant, you are invited to refer to these sections.

There are, however, some rules of the game which should be reiterated. All decisions are not necessarily

final. Most instances allow for appeal procedures. Should you think that your situation has been dealt with unfairly, find out what the appeal procedure is and follow it up. If you ever have an administrative hassle and don't know what to do, see the Ombudsman. He is located in Room 224, Paterson Hall, 'phone 231-6717.

Better your chance is of getting a fair deal. Carleton's administrative officers pride themselves in being available and are usually a good bunch of people. Finally, be polite but insistent, keep on asking why — until you are satisfied.

ADMINISTRATIVE CHART



Administrative Organization

If for some reason you are interested in the administrative structure of the university, here it is.

The final Tribunal and lawmakers in regards to the administration of the university is the Board of Governors. This is made up of a few academics and several "prominent" members of the Ottawa community.

The top dog at Carleton is Mike (unknown in

formal terms as Dr. Michael K. Oliver). He is the President. The development office which tries to raise money to keep development going (makes sense doesn't it). The information office is the propaganda arm. Both report to the President.

There are many offices in the hierarchial system known as the administrative system but you can see as well as I can where they fit.

Notice the two vice-presidents. This is new this year and similar to the system used at McGill!

Alcohol



The traditional drinking spot for Carleton students has been "The Rendevous". It is located in the basement of the Standish Hall. It is dirty, dingy, the chairs are often broken, and the tables are as disgrace. If you are trying to impress someone don't take them there.

If you go there for the first time don't sit and wait for a waiter. There are none. You have to go to the Bar to pick up your own beer. It costs 80 cents for a large and 55 cents for a small. Thursday and Friday nights after 11:30 are the most lively, Monday nights are usually dead.

Bars in Ontario only stay open until 1:00 a.m. Monday-Saturday and on Sundays you have to have a meal to get a beer. In Quebec, bars stay open until 3:00 a.m. Monday to Saturdays and on Sundays (Tavern's excepted) are open until about 1:30 a.m.

1. The Tap Room — Savoy Hotel — a good cheap mixed place
2. The Lafayette House — York Street — Hippie Freaks
3. Prescott Hotel — Preston Street — Sporty types, cheap with reasonable food
4. Ritz Hotel — Tavern has good food but is sometimes a little heavy mixed side is staid
5. Outdoor Beer Garden — N.A.C. — Good spot to get really drunk
6. Le Soleil — Hull — dancing
7. La Terrace — Hull — dancing — mostly drinkers
8. The Raftsman — Hull — excellent tavern and mixed

THE PUB

Students' Council runs a Pub during the school year from Monday to Saturday in the Lower Cafeteria in the Unicentre. The Beer is served in wax cups and costs 45 cents a pint. Liquor is available for 70 cents a shot.

Mondays, Tuesdays and Wednesdays there are no scheduled Bands and admission for both university and non-university people is free.

Thursday, Fridays and Saturdays there will be Bands and students will pay a 50 cent admission fee. Non-students will have to pay \$1.25.

From Monday to Wednesday the PUB will be open from 8:00 p.m.-12:00 midnight. Thursday, Friday and Saturday it will be open from 8:00 p.m.-1:00 a.m.

The PUB is closed one week after Christmas exams end and during the Winter Break.

The PUB does not stock a complete selection of Brands. If you brand is not stocked request it and if there is a demand for it, they will bring it in.

Any complaints, suggestions and requests should be directed to Tony Cuccaro, Room 509 Unicentre.

Other Spots on Campus

There are places where you can drink during the day. The Lester B. Pearson Memorial Lounge (Mike's Place) is on the second floor of the Unicentre. Monday to Thursday it is open from 12:00 p.m.-2:00 p.m. and from 4:00 p.m.-6:00 p.m. On Fridays it is open from 12:00 p.m.-8:00 p.m. These hours may have been changed. On Friday afternoons there may be a T.G.I.F. party which is held in the Lower Cafeteria.

Residence people also run a pub on Fridays or Saturdays from 8:00 p.m.-1:00 a.m.

The best thing to remember is that Ottawa's Night Life occurs in Hull.



Brewers' Retail Stores and Hours

- 1575 Alta Vista Dr., 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat.
- 900 Bank St., 12-8 Mon.,-Thurs., 12-9 Fri., 10-6 Sat.
- 1860 Bank St., 10-10 Mon.,-Fri., 10-8 Sat.
- 1984 Baseline, 10-10 Mon., Fri., 10-8 Sat.
- 564 Bronson, 12-8 Mon.,-Fri., 10-6 Sat. (12-10 Mon.-Fri., Summer)
- Carlingwood Shopping Centre 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat., (open at 10 a.m. Summer)
- 157 Dalhousie St., 10-10 Mon.-Thurs., 10 midnight Fri., 10-8 Sat.
- Elmdale Shopping Centre, 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat. (open at 10 a.m.—Summer)
- 20 Isabella St., 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat.
- 320 MacArthur Rd. (Vanier), 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat.
- 1669 Merivale Rd., 12-8 Mon.-Wed., 12-9 Thurs.-Fri., 10-6 Sat.
- 584 Montreal Rd., 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat. (open at 10 a.m. — Summer)
- 82 North Side Rd. (Lynwood Plaza) 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat. (open at 10 a.m. — Summer)
- 307 Preston St. (Queenston Plaza) 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat.
- 400 Rideau St., 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat.
- 1550 Scott St., 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat.
- 515 Somerset, 10-10 Mon.-Fri., 10-8 Sat.
- Vanier City Shopping Centre, 12-8 Mon.-Thurs., 12-9 Fri., 10-6 Sat.



Liquor Stores and Hours

- 640 Bank, Daily 10 a.m.-6 p.m., Thurs. and Fri. 10 a.m.-9 p.m.
- 1980 Bank (Main Store and Area Office), Daily 10 a.m.-6 p.m., Thurs. and Fri. 10a.m.-9 p.m.
- 1407 Carling, Mon.-Fri., 10 a.m.-10 p.m., Sat., 10 a.m.-6 p.m.
- 2211 Carling, Daily 10 a.m.-6 p.m., Thurs. and Fri. 10 a.m.-9 p.m.
- 140 George Mon.-Fri., 10 a.m.-Midnight, Sat. 10 a.m.-6 p.m.
- 17 Holland, Daily 10 a.m.-6 p.m., Fri. 10 a.m.-9 p.m.
- 22 Isabella, Mon.-Fri., 10 a.m.-10 p.m., Sat. 10 a.m.-6 p.m.
- 105 O'Connor, Daily 10 a.m.-6 p.m., Thurs. and Fri., 10 a.m.-9 p.m.
- 2016-46 Ogilvie Rd., Daily 10 a.m.-6 p.m., Thurs. and Fri., 10 a.m.-9 p.m.
- 1751 Russell Rd., Daily 10 a.m.-6 p.m., Thurs. and Fri., 10 a.m.-9 p.m.
- 1008 Wellington, Daily 10 a.m.-6 p.m., Fri. 10 a.m.-9 p.m.
- 78 Northside, Daily 10 a.m.-6 p.m., Thurs. and Fri. 10 a.m.-9 p.m.
- 1508 Merivale Rd., Daily 10 a.m.-6 p.m., Thurs. and Fri. 10 a.m.-9 p.m.
- 230 Montreal Rd. (Vanier), Mon.-Fri. 10 a.m.-10 p.m., Sat. 10 a.m.-6 p.m.
- 1379 Woodroffe, Mon.-Wed. and Sat., 10 a.m.-6 p.m., Thurs. and Fri. 10 a.m.-9 p.m.

Quebec Liquor Board

- 434 Blvd. Ste. Joseph (Hull), 1-6 Mon., 10-6 Tues. and Wed., 10-9 Thurs. and Fri., 9-5 Sat.
- 152 Rue Principle (Hull), 1-6 Mon., 10-9 Tues.-Fri., 9-5 Sat.
- 140 Rue Principale (Aylmer), 1-6 Mon., 10-6 Tues.-Thurs., 10-9 Fri., 9-5 Sat.
- 405 Notre Dame (Gatineau), 1-6 Mon., 10-6 Tues.-Thurs., 10-9 Fri., 9-12 Sat.

Beer in Quebec is available over the counter at grocery stores 'till midnight. Not on Sundays, though, unless you know the owner. If you're bringing it back to Ontario, be careful. It is illegal but seldom enforced if it is for your personal use.

Arts and Crafts

Arts and Crafts — There is an Arts and Crafts Workshop on campus in room 201 of the Unicentre (231-5507). It is open everyday 9 a.m.-11 p.m. (except Sunday 1-11 p.m.) and offers instruction—formal and informal—and-or studio facilities in pottery, wood-working, printing, weaving, sewing, painting, batik, candle making, children's workshop, macrame, sculpture, still life drawing, life drawing, jewellery making, tie dying, offset printing, leather works. This year it plans to have an arts and crafts supplies store as well as to organize flea markets, exhibitions, sales and demonstrations. The workshop is a very friendly place and the staff are often quite helpful. They have compiled a booklet with information about courses, studio facilities, suppliers and market outlets in the Ottawa area for pottery, ceramics and sculpture, painting, printmaking, and, to a limited extent, weaving. The booklet is available in the workshop.

Off Campus — Courses of varying quality are offered by a number of institutions in Ottawa outside the Workshop:

The University of Ottawa's Fine Arts Dept., Pestalozzi, Gallery 5, Ottawa Municipal Art Centre, Adult Education Dept.—Ottawa Board of Education, YMCA, and Twin Willows Craft Centre in Manotick. The staff at the Arts and Crafts Workshop at Carleton can provide more information about these courses, as well as information about Ottawa suppliers.

Athletics

Carleton's Athletics and Recreation Department receives no governmental support grants (other than capital). That means that the whole operation is financed from the pockets of the students. In other words the \$24 full-time students pay and the \$4.80 per course part-time students pay is the major source of revenue for the Department.

The above is our way of saying that the facilities of Athletics and Recreation are yours and you can determine its programme. The Athletic Board determines the programme and recommends a budget to the Board of Governors. There is a majority of students on the Board so if you want to take action on something consult a member ('phone Students' Council). Also the meetings, like just about all others around the university are open.

Facilities — Although the new complex is not open yet it is expected to be ready before the end of the year. It will contain an olympic size pool, a fitness centre, a service core and the administrative offices of the department. These facilities are being added to the existing gymnasium, squash courts, combat room, weight room and multi-purpose room in the old complex.

Varsity Sports — There are four major varsity sports. These include football, basketball, hockey and soccer. Carleton could not be considered a school renowned

for enthusiasm in these sports, with the possible exception of the Panda Game (annually between the Football Ravens and the Ottawa University Gee-Gees (Garnet and Gray). Other minor varsity sports include skiing, fencing, volleyball, tennis, golf, curling and badminton. There are both male and female varsity teams.

Intramural Sports — There is a heavy accent on intramural sports at Carleton. There is no minimum skill required to play on these teams. Everyone who wants to participate can and does.

There are in this area also male and female divisions:



WOMEN'S INTRAMURALS

Intramural Council Meeting: For all interested — in early September at the GYM

Powderpuff Football: Organization Meeting for any girl who wants to play — September

Volleyball: Starts first week in November

MEN'S INTRAMURALS

Flag Football: Begins approximately October 2nd

Cross Country: 1st run — October; 2nd run — October

Volleyball: Begins approximately November 1st

Curling: Begins approximately November 20th

Hockey: January

Basketball: January

Broomball: January

Squash Tournament: February

FOR FURTHER INFORMATION CONTACT
PEGGY BROWN OR BUD CORKRAN
THE ATHLETIC DEPT. AT 231-2646

Bail

The Bill of Rights guarantees the right to reasonable bail. This Right cannot be denied without just cause.

This sounds really nice. Unfortunately the Bill of Rights does not define "reasonable bail" or "just cause".

The onus for evidence to deny someone bail rests with the Prosecution. The Prosecutor must satisfy the Court that

1. The accused will not turn up for his trial—or
2. the accused will commit another offence if he receives bail

Canada does not have professional bondsmen. If you can't afford bail and your friends can't help you, you are in trouble. The defence funds in many major Canadian cities generally assist only "political prisoners". This may sound somewhat unfair. One might even think that bail is designed to help the rich and hinder the poor. One would probably be right.



Banks

Banks can do a lot of good things for you if you use them properly. Conversely if not properly used they can cost you money and be very inconvenient.

The first rule in choosing a Bank is convenience. Choose a Bank that you will have fairly easy access to (not too easy so that you can get money to blow) when you want your money.

If you are interested in keeping a large balance, more than a couple of hundred dollars and want to earn interest on it, get a savings account. You will not be able to write cheques on it, but you can make withdrawals. If you keep a smaller balance and want to write cheques, the interest you would earn is negligible and so you want a current account (sometimes called checking). You can get a combination of the two but it is a little more complicated. You gain some interest and can write cheques. You don't save much because of the service charge.

One way to look at it is that if you have a lot of money at the beginning of the year and it dwindles slowly, get a savings account and make some money on it. It is a little less convenient since you have to go to the Bank a lot to get money to pay bills but the return may be worth it. If you get a certain amount of money each month and spend it in that period, you will probably be better off with a checking account.

Banks offer many other services. Of course a loan is the first thing that comes to mind. If you are really stuck and the Awards Office has turned you down the Bank is the next logical step. Finance companies are the last resort and even then are not recommended since they rip off enormous amounts in interest.

Use your Bank Manager. You pay his salary and he is there to serve you. Before spending a large amount of money get his opinion. He is usually good at giving advice on the economics of your decision.

Most students find it easiest to bank on campus. The Bank of Nova Scotia has regular banking hours. The service is no hell because of the large number of accounts and the heavy turnover of staff. If you bank there, go at varied hours to find the period with the smallest congestion and stick with that. First thing in the morning (if you can make it) is usually the best time. Its greatest asset, after its location, is its manager. Bill Boyes is as accessible as the Dean of the Student Services and understands the financial needs of students.

Other Banks in the city can be found in the Yellow Pages of the telephone book.



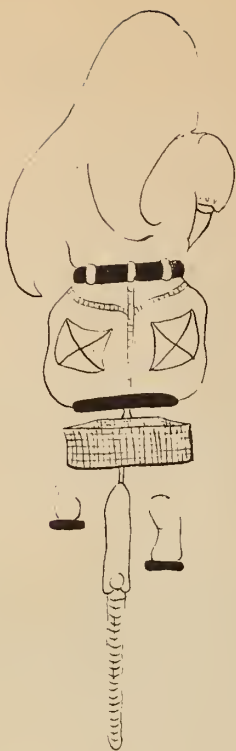
Barbers

Good barbers are hard to find as are Hairdressers. Tony's Hair Salon in the University Centre (in the back of the store) takes no bets but gives a fairly good haircut. Tony likes to talk so don't be shy, if you are Italian you've got it made. Treat him nicely and it will be returned. Be specific. Tell him exactly what you want, otherwise he tends to overcut.

Women seem to like what they get at Tony's. Unlike Tony the Hairdresser there is not a talker so you may want to bring a book or a magazine. The results are good. If you make an appointment treat it lightly.

That will take care of the routine hair treatment. If you want more — such as — shampoo, styling and so on there are many places in town with a wide variety of prices. For reasonable quality with sane prices try He and She at 338 Somerset Street. You shouldn't be disappointed.

Bicycles



There is no point really in discussing what kind of bike you should buy. Inevitably it will be of the two wheeled variety and the sole determinant concerning selection will be how much you can afford. It really shouldn't be any other way.

If you already own a bike you've probably begun a love affair which some people might regard as unnatural. It's really true that you get used to the cold fenders as you snuggle up against it under the sheets at night. You probably feel a bunch healthier, have lost some weight and have discovered muscles you never knew existed especially around your bum.

Let's talk about some other things which can help you enjoy your bike more and which can prevent bicycle blues.

Riding Made Easier Bicycling has evolved into a science of sorts in that it has been studied empirically and the results have been measured. The following information is the result of a study on cycling efficiency. It has been found that if this procedure is followed you will be able to ride longer and harder with less energy expended.

1. Seat Height Adjustment — Measure the length from your crotch bone to the instep of your foot as it reaches the floor. Multiply this measurement by 109 percent and round off to the nearest half inch. For example if the length is 33" then 33×109 equals 35.97 — the working measure is 36" — 36" is the height your seat should be from the pedal, as the pedals are parallel to the seat frame. Your handle bars should be the same height as your seat. A simple eyeball check will do.

The reason behind this is that it forces you to ankle. Ankling, or controlling the movement of the pedals by moving your ankles in a circular motion, is the best bicycling form. Simply place the ball of your foot on the pedals and let your ankles take over. They do it naturally. This system also allows your legs to extend fully thereby allowing them to relax on each revolution while drawing on all the leg's power. Try it, you'll notice the difference immediately.

2. Pedalling — The whole secret to bicycling is rhythm. All you have to do is develop a consistent number of revolutions per minute (RPM). Your RPM's should be between 65 and 80. You should only change gears when the condition of the road don't allow you to maintain your rhythm. If cycling becomes too easy gear up. If it becomes too hard gear down. It's that easy and it's so important.

Routes — Ottawa used to be blessed with Douglas Fullerton. He headed for a great many years the National Capital Commission (NCC) which is the Federal Government's land in the City of Ottawa's affairs. They were and still are sensitive to citizen's needs. They are the people responsible for making the Rideau Canal available for skating. Another nice thing they've done is build over \$300,000.00 worth of bicycle paths — 20 miles — and plan to build another 20 miles. So great are the routes that serious cyclists from Toronto and Montreal drive down to Ottawa on weekends.

Ottawa is fortunate to have an abundance of beautiful scenery. Be adventurous and take off on your bike — explore. Drive to Rockcliffe and see what kinds of houses Deputy Minister's live in. We've been able to reprint the NCC bicycle route map. If you want their brochure it's available at 48 Rideau Street.

Racks — If you own a car and can afford it, buy a car rack for your bicycle. It will allow you to go to places you might otherwise have to pass up or tire yourself out getting to. The Gatineau Parkway bike path is a prime example. It is a beautiful — 6 mile stretch. There are eleven easily manageable hills up and five coming down, by babbling brooks amidst pastoral splendour. It ends at Pinks Lake a mountain stream fed, bottomless clear water lake.

There are three types of racks — bumper, trunk and roof. The bumper rack holds 2 bikes and is available in a cheaper version at Canadian Tire stores at about \$15.00. Bicycle Revival on Bank Street carries all three models which are made in the U.S. and are better quality products at a slightly higher cost. The trunk rack handles 2 bikes, keeps them separated and looks horny at from \$25.00 to \$30.00. The roof rack holds 4 bikes and costs about \$35.00.

You'll use them.

Repairs — This writer is mechanically hopeless and is currently sporting a black finger incurred from a nail which jumped out of the way to avoid a hammer. I have learned, however, to effect small repairs to my bicycle and am proud of it. Believe me if I can do it you can. It's just a question of finding out how, or if you really don't want to, the question is finding out who.

There are three courses available in bicycle repair. The Ottawa Board of Education offers courses at some of its high schools during the evenings in either the fall or the winter. Algonquin College has evening courses as well. But the best of all is the one Student Enterprises holds during the summer on campus. For more information dial 231-5550 and inquire. It has been very popular.

As far as repair shops are concerned in my opinion there is only one. Again it is operated by Student Enterprises, but it's location changes from year to year. It is manned by the only person I'd give my bike to — Tom Gifford. Tom is crazy. He broke his

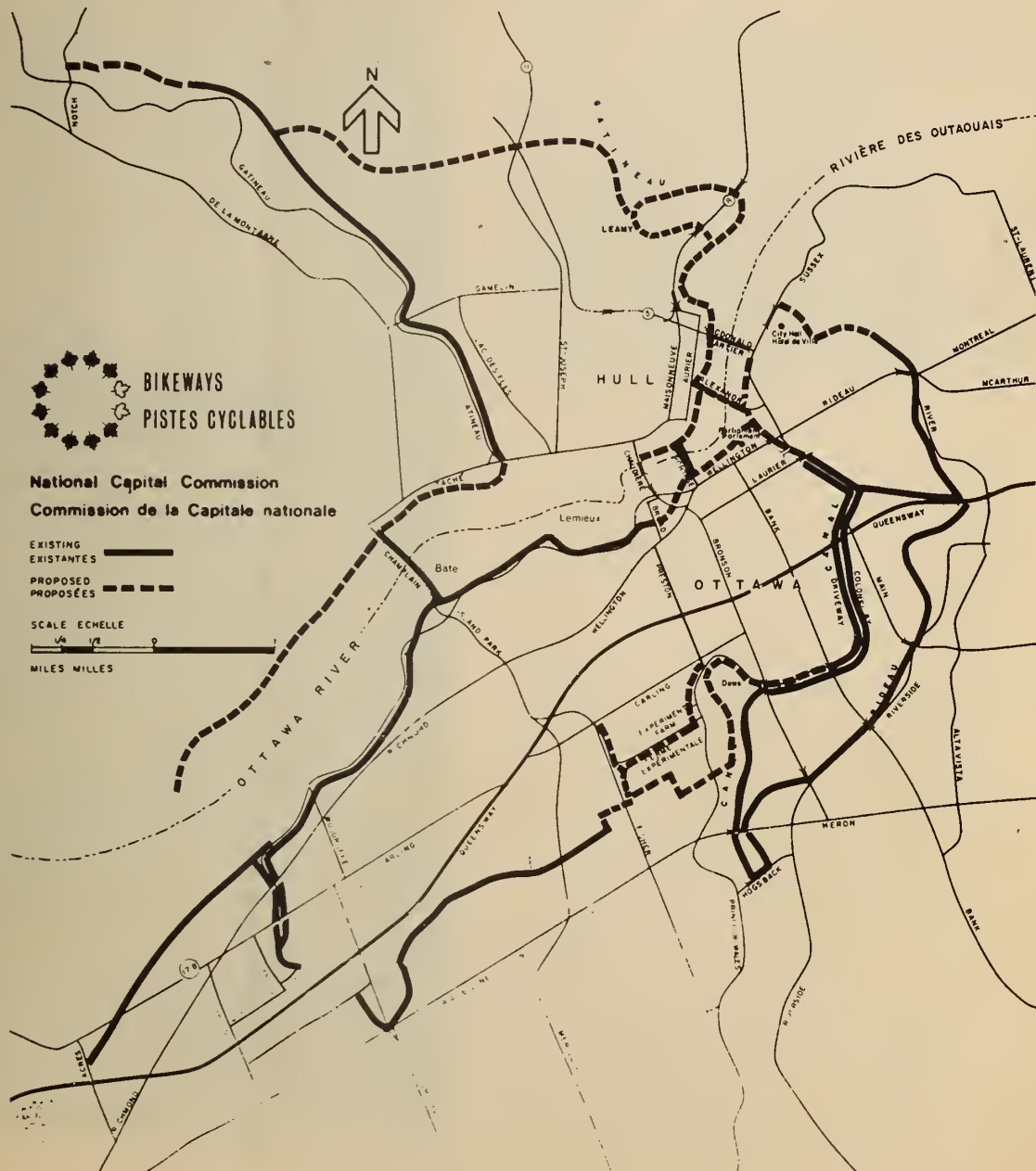
leg in a hot-dog skiing contest at Calabogie. But as a mechanic he never fails. If you want, he'll explain what he's doing so that you can try next time. Their prices are also the best in town.

Reading — A proliferation of literature on bicycles has exploded in recent years. There are three which are very good.

Anybody's Bike Book by Tom Cuthbertson — \$3.50
— it's emphasis is on repair, is well written, and it's fairly cheap

The Complete Book of Bicycling by Eugene A. Sloan — \$12.00
— it has everything you'd want or need to know about bicycles, it's expensive but it's the best

Bay Bloor Bike Book — \$1.00
— it's only available at Bay-Bloor Bicycles in Toronto, is short and very good, but a rip off at \$1.00. Talk them down, they'll do it.

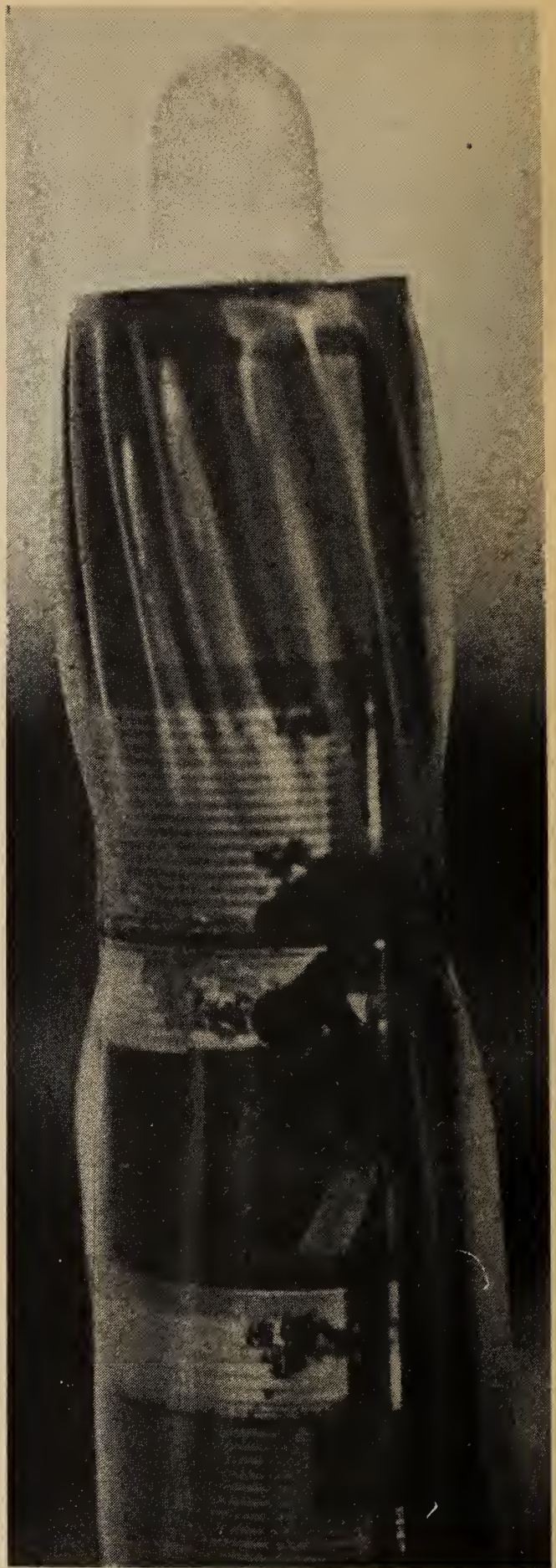


Birth Control

Birth control information (but not examinations or birth control devices) can be obtained from the Birth Control Centre in room 504 Unicentre or at Planned Parenthood, 71 Bank St. There are birth control clinics with gynaecologists that give examinations and distribute birth control devices, as well as information in the Health Services of the university, 6th floor Unicentre, 231-2755, one night a week and at the Family Planning Clinic, 480 Somerset West (233-2098) Tues. — 6:30-9:30 p.m., Wed., Thurs. — 2-5 p.m., 6:30-9:30 p.m. The regular health clinic physicians at Carleton Health Services are also qualified to give gynaecological examinations and birth control prescriptions. The campus clinic is trying to work out an arrangement with an off campus pharmacy whereby students may buy birth control prescriptions at cost. Check with the clinic for more information.

The Business Office

The business office is located in the Administration Building. If you get a bill from the University they are the people you are supposed to pay the money to. If you don't pay the money you owe they call their friends at the Registrar's office who hold your marks hostage. They know the most about you so if you need receipts or documents visit them and they will tell you what forms to fill out. If you have a problem with the business office talk to Mrs. Chevrier. She is a good lady.



Book Stores

ON CAMPUS

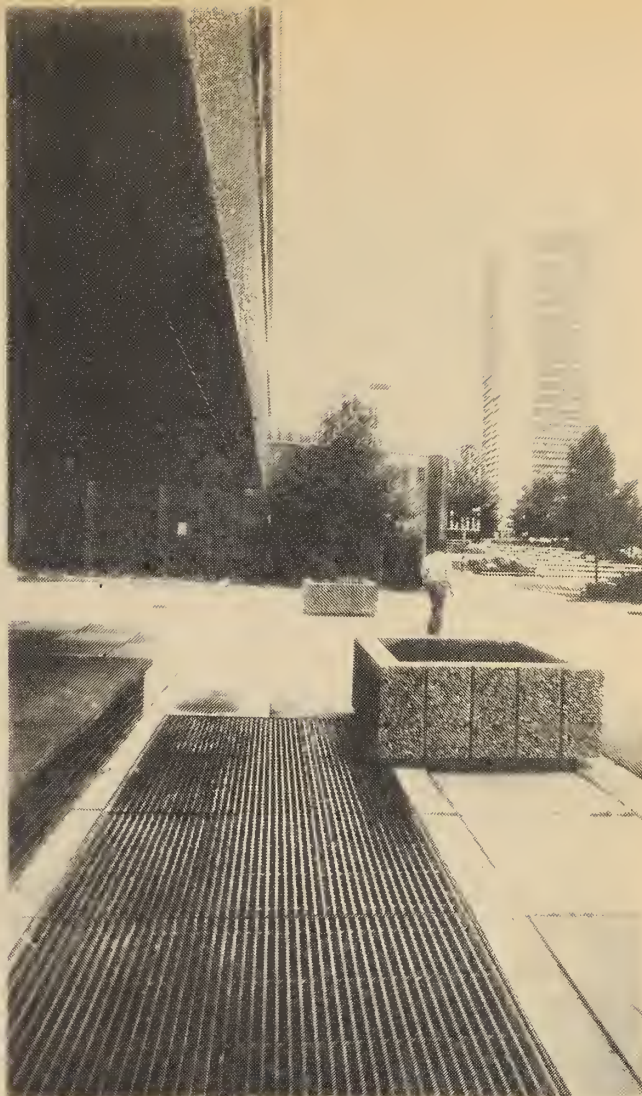
The bookstore located in Southam Hall is primarily interested in providing required texts, non-required reference material, and general reading material for the students and faculty of Carleton. They will order a book for you if they don't have it but it takes a fair amount of time so look elsewhere.

The lineups in the fall are somewhat long so either be patient or buy your books before or after the rush.

OFF CAMPUS

General

1. Shirley Lieshman, 88 Metcalfe, 236-7436.
 2. W. H. Smith and Son, 61 Sparks, 236-0637.
 3. Classic Book Shops, N.A.C., 238-1601.
 4. Coles, 183 Sparks, 233-7014.
- 146 Rideau, 233-2008.



Political

1. Octopus Bookstores, 78 Sparks, 236-2889.
2. League for Socialist Action, 1-418 Somerset W., 232-2171.

Used, Rare and Porn

1. Book Bargains, 147 Bank, 236-1690, 179 Rideau, 236-0955, 374 Bank, 236-1640.
2. Arthurs Place, 313 Bank, 232-2609.
3. The Book Boutique, 732 Bank, 233-2215.
4. Hugh's Basement Books, 14 Metcalfe, 234-0252.
5. Ottawa Bookhunter, 781½ Bank, 233-3496.
6. Tim's Bookstore, 1138 Bank, 232-5538.
7. United Book Stores, 1329 Wellington, 725-3225.

This list is not complete, the stores listed are not necessarily very good. Bookstores are for browsing through.

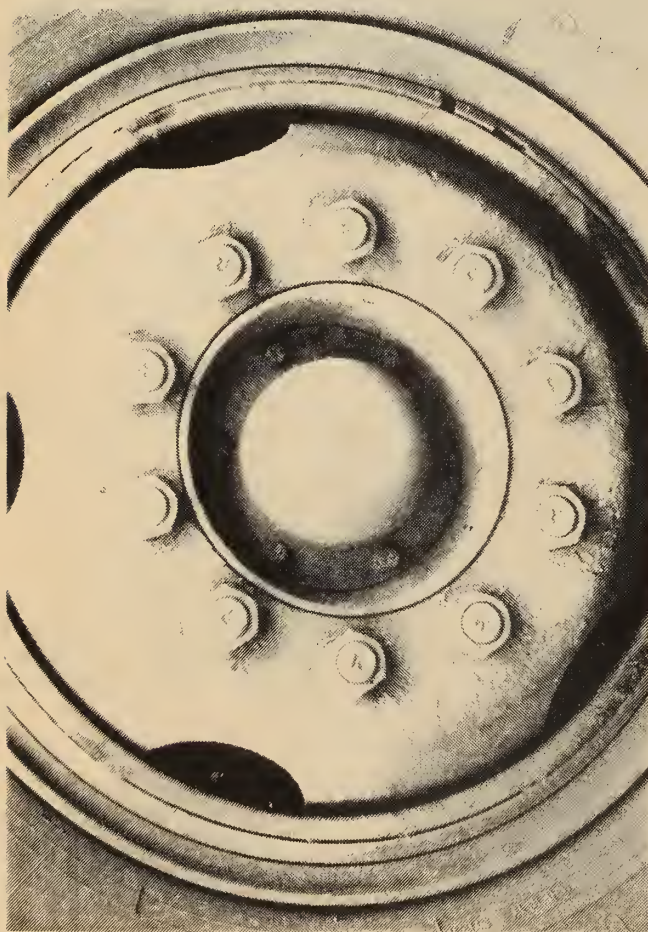
Cars

In economic terms cars are about the worst investment you can make. If you've got some money to throw around and want to buy a car that's O.K. If you are not sure, don't. If you are going to buy a car despite that—your best bet is a new car. Preferably a non-American. Of course it cost more for a new car but first-you are getting a warranty and second-you are not buying another persons troubles. Remember to get your car rust-proofed. It's not that expensive (about \$100.) and it will make your car last several years longer.

For used cars you could easily get screwed. On the other hand not all used cars are crap, just most. If you see what you want, drive it. That will not tell you if you have a good car or not but it is a start. If you're still turned on take it to a diagnostic clinic and tell them to check it out. There is a good Esso Diagnostic at Bank and Heron.

After all that go ahead if you want—but you're on your own.

As far as servicing is concerned try to find a specialist in the kind of car you drive. This is even more important when you drive an import. It won't cost more, despite what others will tell you and, in most cases you can be sure the job is done right. With American cars the best advice we can give is check with friends and other contacts. Beware of strangers. Once you find a place go regularly.



When it comes to gasoline remember that most cars don't need high test gasoline. High compression cars need it (you should know if yours is) but most American cars run just as well without it. Besides the 'price is right and by gosh, the price is right'. If your not sure ask a dealer, preferably one who does not sell gas. Either way if you are using regular gas and your car sputters when you turn off the ignition, that may be it, but not necessarily.

We can't recommend any particular place because one is usually as bad as another. By the way don't be afraid of discount gas bars. They don't sell different gas from the other 'name' places. It is exactly the same thing only they have less overhead.

Ecumenical Chaplains:

Peter Hamel, Tory tunnel, T28.
Glyn Richards, T 30.
(231-3646)

Faculty Committee:

Fraser Taylor (Geography)
Douglas Wurtele (English)
R. E. Reynolds (observer) (History)
Nicol Cooper (History)
James Downey (English)

Douglas Anglin (Political Science)
Executive committee;
Ian Cameron (English), chairman
John De Vries (Sociology), secretary treasurer
Thomas Rymes (Economics)
Peter Hamel
Glyn Richards

Chaplaincy

By PETER HAMEL

"In the beginning God created Man, which according to all the latest birth control statistics was big mistake...

And Man created the wheel, the automobile, garbage and atomic bomb.

By this time God had had it and sent down word to his loyal servants, Ralph Nader and Pollution Probe: 'Now boys, the first thing I want you to do is build an ark and then...'"

At the moment there is only one ecumenical chaplain on campus and that's me, Peter Hamel. But we are hoping to appoint a second man in the near

future. Our work is supported jointly by the Anglican, Presbyterian and United Churches. You can find me in my office which is located in the tunnel beneath the Tory Building, across from the Post Office in room T28 or on the phone at 231-3646.

The Chaplaincy has had a long history of providing a counselling service to all students regardless of their religious background. (Indeed, a good number of students who seek help of the ecumenical chaplains are not members of any religious denomination.) If something is troubling you come on down and have a chat. Our motto is simply this: "Don't be paralyzed by dogma, be liberated through truth and goodness. Such an informal atmosphere we whop makes us freer to relate with people. But you don't have to have a problem to see us.

Our aim is to participate as much as we can in the life of the university and student body, contributing our own beliefs and persepective with the hope that out of the common search for truth and understanding we will progress somewhere. As the needs of the university are always changing so the Chaplaincy strives to change with it.

This year the Chaplaincy is taking on some new dimensions. I have recently returned from three years in Uganda, East Africa where I taught in a theological college. Even though I'm back in Canada my interest in the Third World has not diminished and I'm hoping to pursue this concern here at Carleton and I hope you will join with me in this endeavour.

For many years I have been involved in the study of natural history and it is through this activity that I have become interested in man's relationship with his surroundings and the problems presented by the environmental crisis. The Chaplaincy is actively involved in developing a theology of ecology which takes into account the ethical and spiritual relationship between man and his environment. Chardin has said,

"The future of the earth is in our hands." We believe him and are jumping into the quagmire.

Community Information Service

85 Plymouth St., 238-2101; This bilingual information and referral centre is a very helpful source of information about educational, health, legal and social services in Ottawa. It puts out a Directory of Social Services in the Ottawa-Carleton area which can be bought for \$2. CIS is sponsored by Social Planning Council.

Community centres

Glebe Community Centre

Lyon and Third Ave.; 233-3300; the Centre maintains up-to-date information on social services, recreation, and accomodation—i.e. has a list of available housing in the area.

Sandy Hill Community Centre

250 Somerset East; aside from recreational programs for members of the Sandy Hill community, this centre houses a number of clinics—The V.D. Clinic, open Mon., Wed. 2:30–6 p.m., Fri. 2:30–5 p.m., 234-0747; Provincial Chest Clinic (233-4089) that gives free chest X-rays as well as medical consultations, also an immunization clinic (234-0747).

Clinic

After Hours Medical Clinic, 190 Main St., 235-2685; 6-11 p.m. Mon.-Fri., noon-9 p.m. Saturday — Pestalozzi Free Clinic, 160 Chapel, Suite 6A, 234-6616; open 24 hours a day; services-general practitioners, pediatriition, oral hygienist, nutritional counselling, psychological counselling; to find out call hours of medical personnel.

—Family Planning Clinic—480 Somerset W, 233-2098 see entry on Birth Control.

—V.D. Clinic, 250 Somerset East, 234-0747.

—St. Anne Clinic, 317 Murray St., 238-1552; non-profit community medical clinic giving family medical care and nutrition counselling, by appointment, primarily to Lower Town residents; 9 a.m.-8 p.m. daily.

—Street Clinic—326 Waverley St., 233-2022; free medical clinic 7-11p.m.; (note: at the date of this printing the future of the street clinic is unknown—it may be closed at the end of Sept., 1973.

—Provincial Health Clinics: 1) 1015 Merivale Rd., 729-5796; routine chest X-rays—Mon.-Fri. 8:30-11a.m., consultation and referrals Tues.-Fri. 1:30-3:30p.m. 2) 250 Somerset East, 233-4089, routine chest X-rays Tues., Wed., Thurs. 1:30-3:30 p.m., consultations Mon., Fri. 1:30-3:30 p.m., Wed., Fri. 9-11 a.m.

Counselling service

Family Service Centre of Ottawa, 119 Ross Ave., 725-3601 Catholic Family Service of Ottawa, 168 Charlotte St. No. 306, 233-8478. Mental Health Ottawa, 180 Argyle, 236-9447; mental health information and referral centre.

(University of Ottawa) Guidance Centre—540 King Edward, 231-4022, educational and vocational guidance; personal, pre-marital, marital and family counselling; psychodiagnostic services.

Gays of Ottawa, 160 Chapel No. 601, 238-1717 Mon.-Fri. 7-10 p.m. Sat. 2-7 p.m. Sun. 4-7 p.m.

Consumerism

Consumerism can save you your money, your time, and your health. There is an art to wise consuming, and wise consumers rarely, if ever, get burnt.

The average consumer enjoys spending money. He spends a lot of it. It is amazing how such a well-practised art could have developed such unskilled practitioners. David Hamilton, in the Consumer Book, accuses the average consumer of being unavoidably and notoriously extravagant. Other's have not been so kind. One person involved with consumer protection, when describing consumer buying practices, used the word "stupid!"

Wise consumer patterns contribute to a higher standard of living for the individual concerned. The individual will have more money to spend because less money went to acquire "bad" merchandise. Besides this consideration, one's ego won't be shot trying to explain away the lemon sitting in one's driveway . . .

PLANNING

Have things together in your own head. Don't just go forth bravely into the marketplace with a vague idea of what you want and a sacred duty to get rid of some money. Impulse buying is fun, but costly. When buying a product, decide exactly what you want, and make sure the particular product you choose is functional for your purpose.

INFORMATION

Don't put your faith in sellers who tell it like it isn't. Get a hold of, and read, performance reports, comparison shopper's guides and also have knowledge of performance claims, guarantees and warranties. After deciding what basic items you wish, shop around. A shopper can do a lot of comparative shopping quickly by using the yellow pages. No businessman discourages inquiries from interested consumers.

MAKE A BUDGET, AND STICK TO IT

A consumer has to know financially where he stands and where he is going. Most students are of transient interests, and changing friendships. Obviously, they must use a flexible method of spending money. The student's budget is not something tight and binding, but rather an approximate gauging device so that the student knows how much money he has, or hasn't. There is a fringe benefit to keeping a budget. If the student doesn't have enough money to pay his rent for the month, at least he will be able to tell the landlord why.

DON'T RELY ON VERBAL PROMISES

It is not impossible to have a verbal promise of performance proved in court, but, try and prove it! Get everything in writing and if more than \$40.00 is involved, make sure that it is in writing!

The biggest problem in the marketplace concerns the contractual agreement. Read before you sign! Standard procedure for any contract is to read it. Check out all principal statements, especially, anything concerning money. Make sure all guarantees and warranties are written into the contract. Before signing, fill in all spaces and make sure you understand all the terms of the contract. After signing, get a copy of the contract, with the salesman's signature, for your own protection. Contracts are a

basic tool of the marketplace. Use them properly.

DON'T BLUFF

In poker, it's part of the game. In the marketplace, the odds are against the consumer. If you don't know what you're talking about, don't talk. To many times a backyard mechanic asks a question he thinks appropriate for the occasion and when the mechanic points to a fuel pump while making reference to a defective water pump, game over for the consumer. After that, the consumer has exposed his ignorance and is fair game for the professional.

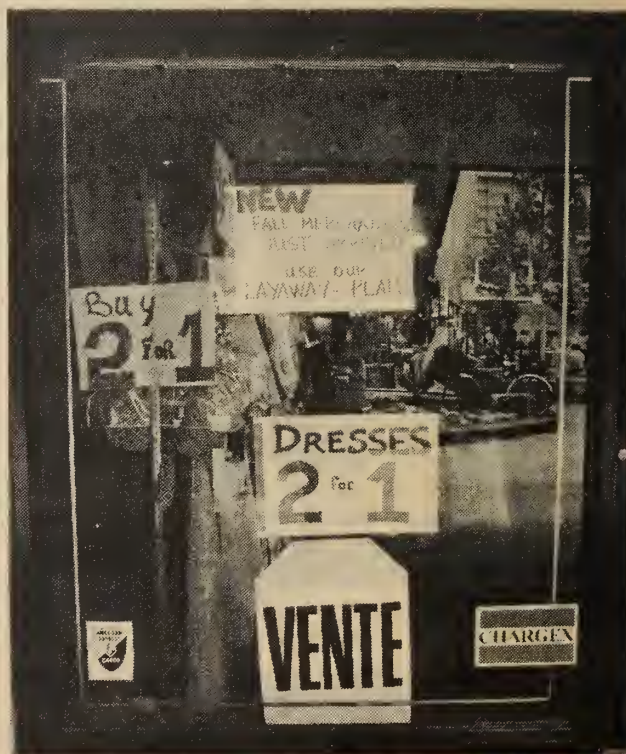
CO-OP BUYING

Students are in a prime position to save money by gathering together in informal buying co-ops. There is no problem for the average university student to get together with peers and invest a considerable sum of money in weekly (food) or periodic (records) purchases. By buying large quantities of merchandise, the consumer often gets better prices for the items. However, this co-op buying method can be exploited in many other areas. If your group can wield enough money to make a substantial specific purchase, your group would then be in a position to ask and get a "store discount." This is granted by the shop-owner to individuals who buy large amounts of a certain item. Because of the amount of merchandise being bought, it is in the shopkeeper's interest to grant a special discount to a group who insists on it.

WHEN IN DOUBT

STICK TO THE MEDIUM PRICE RANGES

The medium price ranges have the same quality as the higher price ranges, but minus some of the added nick-nacks that are basically not needed; lower priced items are often of inferior quality, and should be avoided. Often a manufacturer has established his item at a certain price range and when faced with rising production costs, chooses to scale down the quality of the item, rather than raising his price. When



this happens, the medium priced items still retain enough quality to make it quite servicable.

**READ AND USE LABELS
THAT'S WHAT THEY'RE FOR
USE COMMON SENSE**

Examine the product before buying. This beats the hassle of having to return it for a refund, and avoids disappointments.

CLOTHING

One of the biggest problems consumers have is taking care of the clothes they have. The chart on the following page is of the main fibres used today. How an article performs depends on many things; use this chart to help you know your clothes better.

Clothing that is labelled "machine washable" should be hand washed for the first washing. Anything labelled "dry clean only", Don't attempt to wash anything labelled "Dry clean only, even by hand. Don't attempt to wash, even by hand. Sweaters and other knitted fabrics, unless labelled only for dry

cleaning, can be washed using a specially designed detergent in cold water. Often, the price of the detergent works out cheaper than the cost of the dry cleaning bill.

Many beautiful fibers, such as cashmere, mohair, and fibers that have a tendency to snag, lack durability, and should only be purchased if the consumer is aware of these fabric limitations. Warning: Genuine suede and leather require a special process to preserve finish. Suede should only be cleaned by cleaners equipped for this type of cleaning. Imitations suede and leather often become stiff in dry-cleaning. The imitation products generally are accepted for dry-cleaning only at the owners risk.

You should avoid buying clothes sewn with plastic thread as they are known to unravel rather quickly after the first cleaning. Also one should beware of bonded fabrics as they fall apart rather easily, even if dry-cleaned. To avoid baggy knees in slacks, slightly lift them before sitting down.



Consumerism

FURNITURE

Going to buy furniture for the most students usually implies salvaging second-hand stuff. A house can be well furnished by using second-hand items. When searching for furniture, don't forget to try auctions and the classified ads.

Furniture is no help if it doesn't serve its purpose. Refuse to buy shoddy or unsatisfactory merchandise. When buying furniture, make sure that the furniture, is "together" . . . it should stand flat and firmly on the floor. All joinings should be clean, the less visible, the better; at points of strain, joinings should be supported by corner blocks that are glued and welded into place.

Drawers should slide smoothly on centre glides. There should be stops to prevent drawers from being accidentally pulled out all the way. Between the drawers there should be a dust panel, and the handles should be on firmly and easy to use. Inside the drawers, look for reinforced corners and dovetailed joints, front and back. Finally, drawers and door should fit flush to the furniture surface.

It should be remembered that wooden or plastic pop cases, as well as trunks, make excellent tables and storage areas. Book-cases can be easily be made out of bricks and wood and often look very effective. May we suggest the "How-to" series of books, and magazines to get some practical and interesting ideas concerning home furniture and interior decorating.

A MATTRESS AND BEDSPRING

You should have a sleeping space of 38 in. wide and 6 in. longer than your height. The mattress and bedspring should hold you firm enough to keep your spinal column level. All parts of the body should be supported. The degree of firmness and bedsprings look for reinforced borders (for sturdiness), handles (for ease of turning), ventilation on both sides of the mattress (to minimize dampness) and a strong outer fabric (durability).

REFRIGERATOR

These are life-long products that once the refrigerator is sold, most retailers consider the person out of the market. Students can usually pick up good condition second-hand refrigerators cheap. When purchasing the refrigerator, check for pressure and refrigerator linings. After purchasing the refrigerator, don't allow to heavy an accumulation of frost to develop; dust or dirt on the coil mechanism, don't place it in a spot without adequate ventilation; and don't frequently open the doors.

CARPETS

Have fun...it's good idea to shop around when planning to buy a carpet. Go into a store and look at the lowest grades for comparison purposes. Talk to the salesman and ask questions. When judging carpet quality, try to appraise the depth and density of the pile. The denser and deeper the pile, the better product, providing a good fiber is used. Some good fibers to consider are: wool, nylon, acrylic, polypropylene olefin and cotton. Acetate and rayon are very attractive, but can only stand low traffic.



SMALL APPLIANCES

Most of these will be bought new. Make sure to have a statment of guarantee or warranty and keep that statement. Warning, when buying small appliances, watch out for "bait and switch" sale techniques. When a salesperson guides a consumer to a more expensive item, and is cutting down the original sought after item, he is usually practising a bait and switch technique on you.

CREDIT

One of the biggest battles being waged today concerns consumer credit. Obviously, it exists, and appears to be here to stay. Canadian consumer debt is equal to approximately one fourth of the Canadian Disposable income.

..... Money is lent on the basis of three criteria

Character—integrity in money matters which the student doesn't have because the student has never developed a credit record.

Capital—measured by the financial resources available (these are usually large permanent family type things).

Capacity—present and future earning power (which for most students is unknown).

Many of the usual money-lending places close their doors to full-time students. The cheapest place for students to borrow money would be at a credit union or borrowing back on their own life insurance policy.

If you find yourself in a bind, and you need "living" money, visit the administrative counselling people or the student services counselling people. The local bank will sometimes extend money to students in tight situations.

For those of us interested in more materialistic enterprises, a consumer credit loan can be received from the bank.

Don't do stupid things, like selling T-4 slips or UIC checks for fast money. These are illegal. You are ripping off yourself. It is better to borrow against future incomes. When using credit, remember,

- 1) credit costs money, it isn't free
- 2) credit is easy to get; don't develop a false sense of security, the debts have to be paid.

If you receive unsolicited credit cards deface them and discard them. As soon as you use the card the card is legally binding. If a card is lost or stolen, report its disappearance immediately (keep an inventory of the numbers of the credit cards, just in case).

Students are basically honest people. We have an over-all excellent credit rating at the various places where we do credit shopping. However, students have a tendency to "disappear" when they can't pay a debt, only to reappear sometime during the summer to pay off incurred debts. Don't become invisible. Approach the person with the information that you need an extended period to pay-off the loan, and the creditor will usually give it to you with little or no hassle. "Disappearing" creates bad feelings. Don't give landlords, bank-managers or yourself unneeded ulcers.

IF PROBLEMS ARISE CONTACT

—The Ombudsman
324 Paterson 231-6717

—Better Business Bureau
219 Queen St. 237-4851

—Automobile Protection Ass'n
74 George St. 233-5968

—Nepean Contact
1683 Merivale Rd. 224-4000

—Federal Government "Consumer Listening Post"
Box 99 Ottawa.

USEFUL PUBLICATION

1) "Consumer contact" published by Dept. of consumer and corporate affairs.

2) "Canadian consumer" published by the Consumer Association of Canada, 100 Gloucester St., Ottawa. K2P 2E5

Counselling

Counselling and Health Services function in co-ordination with each other in order to offer you both psychological and medical assistance. The counselling Offices are located on the 6th floor of the University Centre, 231-4408. Appointments are not necessarily needed.

Becoming a university student involves change and adapting to a new environment. The changes you experience in this new setting may affect you mentally and physically and create intellectual, emotional or vocational concerns.

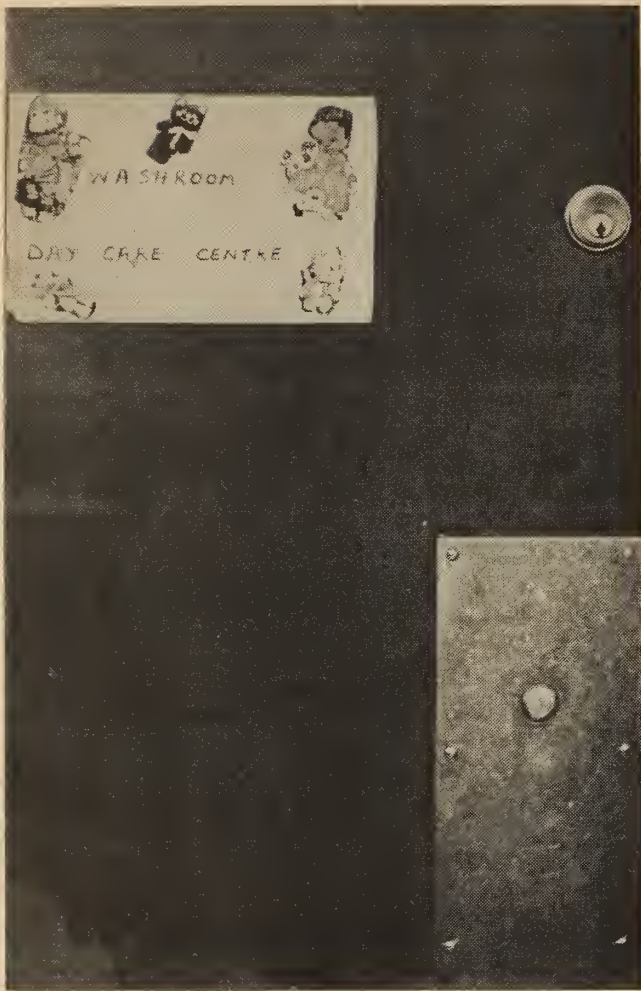
The following program is designed to assist you to cope effectively with these issues:

Counselling—Personal, Educational and Career
Testing—Interest, Attitudes, Personality, Study and Reading Skills

Remedial Assistance—in study, reading and communication skills

The counsellors and psychiatrists are qualified to deal with such problems and study skills, organizing your time, preparing for exams, inter-personal relationships, determining life goals and career plans, sex information and counselling, family conflicts and identity crises and other concerns you might have. Both individual and group approaches are used in tackling these issues.

If you are having difficulty in area of life ask for assistance before it interferes with your well being. All services are confidential. No information is released unless requested by you.



Dentists

Teeth are usually taken for granted until they start to hurt. A tooth ache is the result of neglect and can cause not only discomfort but also sickness. Good dental care cannot be overstressed. Regular visits to a dentist can avoid a lot of difficulty as well as pain. In the long run it will save you money too. Dentists can be expensive.

If you need a dentist we can suggest a few.

Dr. R. A. Rivest, 376 Churchill Ave., 729-8146.

Dr. C. L. Anthony, 200 O'Connor St., 232-0775.

Dr. M. B. Lee or Dr. D. M. Turner, 281 Lisgar St., 233-1573.

Dr. D. H. Ross, 739b Ridgewood Ave., 733-5190.

DENTAL EMERGENCY (24 hours), 235-5390.

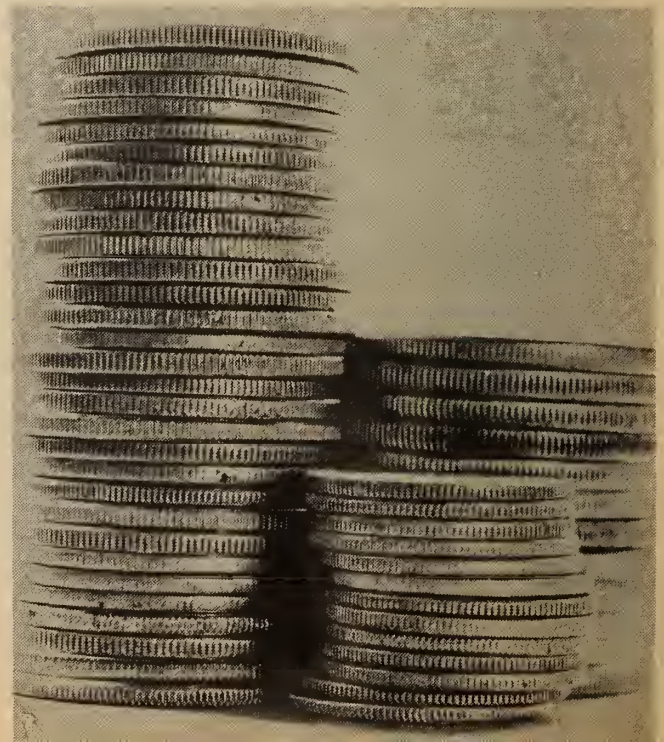
Day Care

There are two day care centres on campus. Both are operated on a co-operative basis under the auspices of the Students' Association and take children from 6 weeks to 2½ years. The children, once registered, may stay until their third birthday. This service is available to the children of students, staff and faculty although preference is given to the children of students.

The per diem rate is \$5.00. There are municipal subsidies available to those who qualify. Each family is expected to spend from 4-6 hours a week working in the Centre and to help when necessary with projects, maintenance and the like. Student volunteer help is always welcome.

The hours of the Centre are from 8:00 a.m. to 6:00 p.m. Monday to Friday. You are encouraged to 'phone the Director, Kay Liston at 231-6312 or the President, Helen Raby at 731-9614, for further information.

There always seems to be a waiting list.



Doses

Venereal Diseases

In this article the three best known types of venereal diseases are briefly discussed.

More information and guidance about venereal diseases is to be found in the V.D. handbook which is available free at the Students' Association and Ombudsman's office or at the Special Treatment Clinic at 280 Somerset Street E.. It is open Mondays and Wednesdays from 2:30-6:00 p.m. and Fridays from 2:30-5:30 p.m.

If you think you might have a venereal disease consult a doctor.

Gonorrhea

Cause:—a bacteria called the gonococcus

Transmission:— by vaginal, anal or oral-genital sexual intercourse; it is impossible to catch gonorrhea from toilet seats, towels, doorknobs, clouds, french fries, dirty books, V.D. pamphlets.

Symptoms in Women:—80 percent of infected women do not have symptoms. Some women have green or yellow-green vaginal discharge.

Symptoms in Men:—3 to 5 days after sexual intercourse with an infected partner there is a white or yellow, creamy thick discharge seeping out of the opening of the penis.

Complications in Men and Women:—untreated infection can eventually cause sterility.

Treatments:—1. an injection of penicillin into the muscle of the buttock 2. if you are allergic to penicillin — tetracycline tablets by mouth.

IF YOU ARE TREATED FOR GONORRHEA IT IS YOUR PERSONAL RESPONSIBILITY TO INFORM ALL OF YOUR SEXUAL PARTNERS IMMEDIATELY SO THEY CAN BE EXAMINED AND, IF NECESSARY, TREATED.

Syphilis

Cause:—treponema allidum a thin delicate, corkscrew-like organism with 6 to 14 spirals.

Transmission:—almost impossible to catch syphilis in any other way than vaginal, and or oral-genital sexual intercourse, during intercourse it travels from an infected person to his or her sexual partner. It can enter right through intact skin of the sexual organs. Wearing a condom does not protect a man against syphilis. Within a few hours of entry the organisms reach bloodstream and are carried to all parts of the body.

Primary Syphilis Symptoms in Women—primary sore (chancre) usually appears on the cervix or inner vaginal walls. Chancre is often not visible and many women are not aware they have primary syphilis. After oral-genital intercourse a chancre may appear

on the lips, tongue or tonsils. Occasionally it develops at minor scratches or bites.

Primary Syphilis Symptoms in Men—chancre usually appears on tip of penis (glans) or in the groove between the glans and the rest of the penis. Can also appear in or around the opening of the penis, on the shaft of the penis or on the scrotum.

If left untreated chancre heals by itself within 1-5 weeks after its appearance. For a while, the infected person has no symptoms, however the disease continues to develop within the body and the person can pass the infection on to sexual partners.

Symptoms of Secondary Syphilis

1. about six weeks after appearance of primary chancre a generalized skin rash develops.

2. syphilitic rashes do not itch or hurt

3. in many cases of secondary syphilis, the lymph glands in the armpits and neck become enlarged and rubbery but not painful.

4. in about 25 percent of secondary syphilis cases there is a general feeling of ill health caused by: frequent headaches, which may become worse at night; loss of appetite; nausea, constipation, pain in long bones, muscles or joints and a low persisting fever. The symptoms are usually distressing enough to cause most people to seek medical attention. Modern antibiotic treatment is quickly effective and the infected person recovers without any permanent effects. Even without treatment all symptoms of secondary syphilis disappear within 2 to 6 weeks of their first appearance. The disease progresses into a more dangerous stage.

Latent Syphilis

1. if secondary syphilis is not treated the disease progresses to a stage where there are no symptoms for many years.

2. about two thirds of untreated people live the rest of their lives without any further disturbance from their diseases.

3. one third develop late syphilis.

Late Syphilis

1. Benign Late Syphilis

- characteristic effect is large destructive ulcer on or in the affected organ
- if treated promptly ulcer heals and in most cases patient recovers completely

2. Cardiovascular Late Syphilis

- injures the heart and the major blood vessels
- this form of late syphilis appears 10 to 40 years after infection in 10 percent of untreated people
- often leads to death

3. Neuro Syphilis

- affects the spinal cord and brain, causing paralysis and insanity
- develops 10 to 20 years after beginning of infection in about 80 percent of untreated cases
- usually fatal

Treatment for Syphilis

1. penicillin injected into buttocks
2. for people allergic to penicillin tetracycline taken orally

Doses (Continued)

Crabs

Transmission

1. very close physical contact of sexual intercourse
2. in some cases sleeping in a bed used by a person with crabs

Symptoms

1. most experience intolerable itching
2. in some people the pubic lice bite causes a mild rash composed of small sky-blue spots

Diagnosis

finding the lice or their eggs attached to the pubic hairs

Treatment

can easily be killed by local applications of gamma benzene hexachloride, which is available as a cream, lotion or shampoo under trade name of KWELLADA

a prescription not necessary and KWELLADA can be obtained in most drugstores for about \$2.00

clothing that has not been worn for more than 24 hours can be worn without fear of repeated infection as pubic lice cannot survive away from the human body

Drugs

The Narcotics Control Act bans the use of marijuana, hashish, T.H.C. and other cannabis derivatives. It also bans opium, codeine, morphine, heroin and cocaine.

Possession of any of these drugs, for other than medical purposes is an offence under the Narcotic Control Act. If brought before the courts for your first time the maximum penalties are a fine of \$1,000 and/or imprisonment for 1 year.

A first offence conviction will probably result in a fine and/or probation.

Trafficking carries a maximum penalty of life imprisonment. The definition of trafficking includes manufacturing, selling, giving, administering, transporting, sending, delivering, or distributing. It also includes offering to do any of these.

Usually trafficking busts involve the alleged selling of drugs to an undercover agent. You should say nothing other than to demand the right to see a lawyer. Trafficking is treated as a very serious offence by Canadian Courts.

Cultivation carries a maximum sentence of seven years.

Importing is the heaviest charge in Canada a conviction carries a minimum sentence of seven years and a maximum of life.

All the hallucinogen drugs are restricted (except alcohol, tobacco or religion) under schedule "H" of the Food and Drug Act. Generally the penalties for an indictable offence of a hallucinogen drug are lighter than those covered by the Narcotics Act. However most judges will impose much the same sentence for possession of L.S.D. as for possession of marijuana.

The Barbituates and Amphetamines are controlled drugs under section G of the Food and Drug Act. Possession is not illegal. The only offences in connection with these drugs are trafficking or possession with intent to traffic.

Under the F.D.A. trafficking means to manufacture, sell, export, import, transport or delivery.

SOME DRUGS ARE LEGAL IN CANADA

1: Psilocybin, amanita muscaria (magic mushroom) peyote.

2. organic mescaline (just because someone sells you mescaline doesn't mean it is legal. Most mescaline is really impure L.S.D.) the sale of mescaline is illegal.

Dealing With A Drug Search

NO WARRANT

Police can search without a warrant any place that is not a residence.

1. The police officer must inform you of his lawful reason for detaining you. If he can't suggest one walk away.

2. If he says "drugs" ask "what drugs?". If he says "narcotics" ask "what narcotics?"

3. If he insists you must permit the search

4. Do not answer any questions until you talk to a lawyer.

CAR SEARCHES

1. If a policeman asks you to get out of your car so he can search it, object and ask him if he has a search warrant.

2. If he says he does not have one but is going to search under N.C.A. or F.D.A., ask him what his grounds are.

3. If he persists let him go ahead.

Dealing With A Drug Search

(Continued)

4. You do not have to answer any questions about who owns anything which may be in the car.

5. If he does not say why he is making the search then the search is illegal and he is abusing your right to due process.

6. Bear in mind that evidence obtained from an illegal search is admissible in court. The time to object is when the police propose to inflict it upon you.

RESIDENCE SEARCHES

1. Police must have a search warrant or writ of assistance to search your residence.

2. A writ of assistance is issued to a named officer of the R.C.M.P.

3. It allows him to search any residence at anytime for narcotics, controlled or restricted drugs. He keeps it until he leaves the force. It is not transferrable and the named officer must have it with him.

4. If police knock at your door and request entry ask first if they have a search warrant.

5. If they say they have a writ of assistance, ask to see it, and ask the officer named therein to identify himself.

6. While search is proceeding try to make notes of the activities of the officers they may be valuable to your lawyer in court.

7. Examine the search warrant if they have one.

8. It must be correct in every detail. Check 1. that it sets out an offence, 2. your name and residence are correctly stated, 3. that the date on the warrant is the day they drop in.

9. Search warrants do not permit an officer to search you. If he attempts this ask if you are under arrest. If he says no, you may refuse to be searched.

Drug Trails

If you don't confess the prosecutor must prove all of the following points.

1. that you knew the particular drug was marijuana or whatever.

2. that you knew the location of the particular drug.

3. that your possession was voluntary.

4. that you had some measure of control over the drug and its whereabouts.

If any of the 4 points does not apply to your bust you are not guilty of possession. (The problem in drug trials is that you may be required to give evidence which the Judge may choose to believe or disbelieve). The best strategy is not to get caught.



DRY CLEANERS

There is a dry cleaning depot in Residence, on the bottom floor of Glengarry House, opposite Honest John's. For a list of dry cleaners and coin operated do-it-yourself dry cleaning machine places off campus see the Yellow Pages.

Note on Drug article

We have just been informed that the Supreme Court of Canada has decided in all its wisdom that a policeman no longer has to show you a warrant — he only has to tell you that he has one. By analogy this will apply to writs of assistance also.

Unfortunately, we did not have this information when the drugs article was written and given to the printer. Hopefully the police won't abuse this new power. Make every effort to persuade him to show you the warrant.

EMERGENCY NUMBERS

On Campus

An Emergency 231-4444

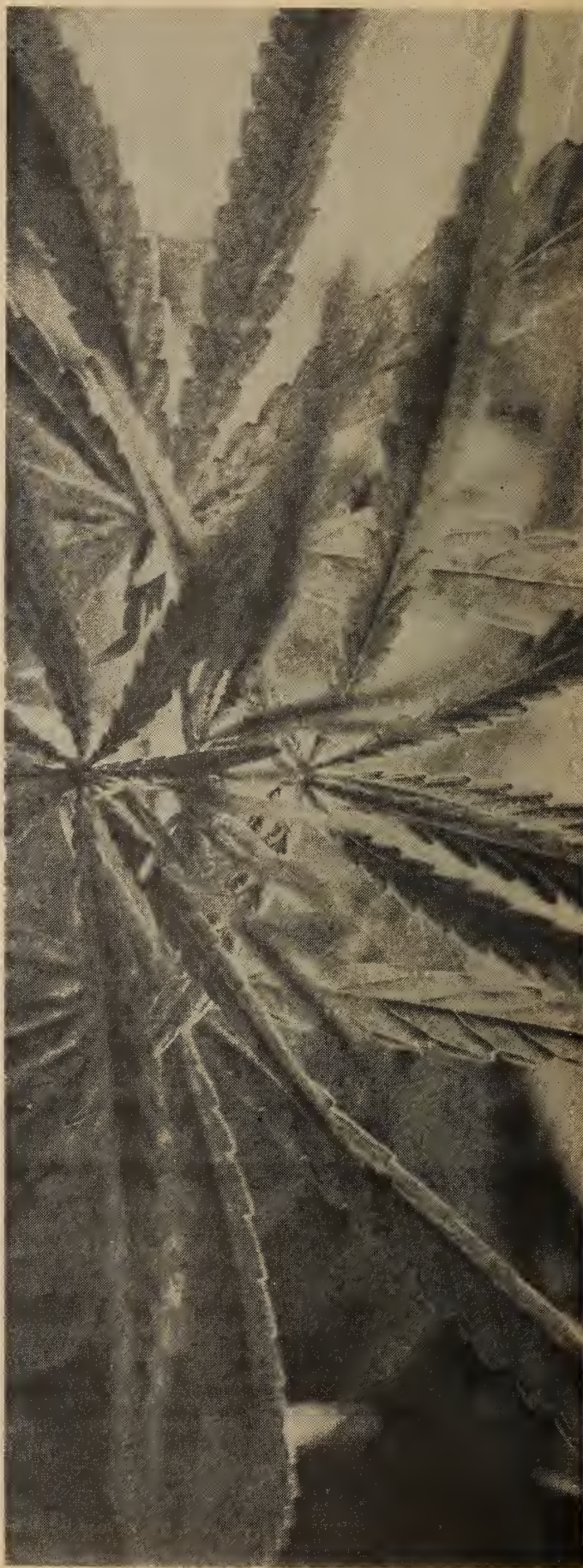
MEDICAL EMERGENCY:

Mon.-Fri., 9:30 a.m.-11:45 a.m., 1:30-4 p.m., 231-2755
Clinic, 6th level Unicentre
Sun.-Sat., 1:30-3:30 p.m., 7-10 p.m.
Clinic, 2nd floor Glengarry House
24 hrs. a day, 7 days a week 231-3844
Infirmary, 1st floor Glengarry House

Off Campus

After Hours Clinic 190 Main St. 235-2685 Mon.-Fri., 6-11 p.m., Sat. noon-9 p.m.

Ambulance	Zenith 90000
Anti-suicide bureau—Salvation Army	236-7977
Dental Emergency	235-5390
Distress Centre	238-3311
Drug Emergency: Accom.	746-1311
Medical Emergency Information	236-2545
Ontario Provincial Police	Zenith 50000
Ottawa Civic Hospital	725-4621
Ottawa Police Department	232-3711
Poison Control: Civic Hospital	729-2511
General Hospital	231-2121
Salvation Army	236-7977
Social Welfare Dept. (financial or other Emergency after hours	725-3311





Films and Theatres

FILMS

There are a great number of films shown on campus throughout the academic year. They are sponsored by any one of a number of campus groups — Students' Association, one of the clubs or student societies, Residence, the Unicentre, any of the departments, etc. To find out which films are playing when check the **This Week and More** column of the *Charlatan*, call the Community Switchboard (231-6666), or check the tunnel walls.

OFF CAMPUS

There are several film series, some in English, some in French, at the University of Ottawa. The University of Ottawa publishes a list of its cultural events each week in the daily papers. This list is called **Hebdo**. For more information call the University of Ottawa Students' Federation 231-4980. Various community groups sponsor films that are shown in the National Library, 395 Wellington St., the National Gallery, Elgin at Slater, and at the Goethe Institute, 35 O'Connor. Films are also shown weekly at the Canadian War Museum, 330 Sussex Dr. The Ottawa Film Council and the National Film Board often sponsor films at the National Gallery and the National Library. The National Film Theatre (729-6193) has a year round film series in which two films are shown each Thursday and Sunday evenings at the National Library. **What's On In Ottawa** gives the most complete list of films to be shown in Ottawa. There are, of course, commercial movie theatres. See the Yellow Pages for the list.

For information at Carleton about film rental see Jean Huckabone who's in charge of film and audio-visual material. Her office is in the tunnels, room T-6, 231-3650.

THEATRE

There is a drama group at Carleton called **Sock'n'Buskin** that regularly performs on campus. Students' Association (231-4380) can tell you whom to contact to find out more about the group.

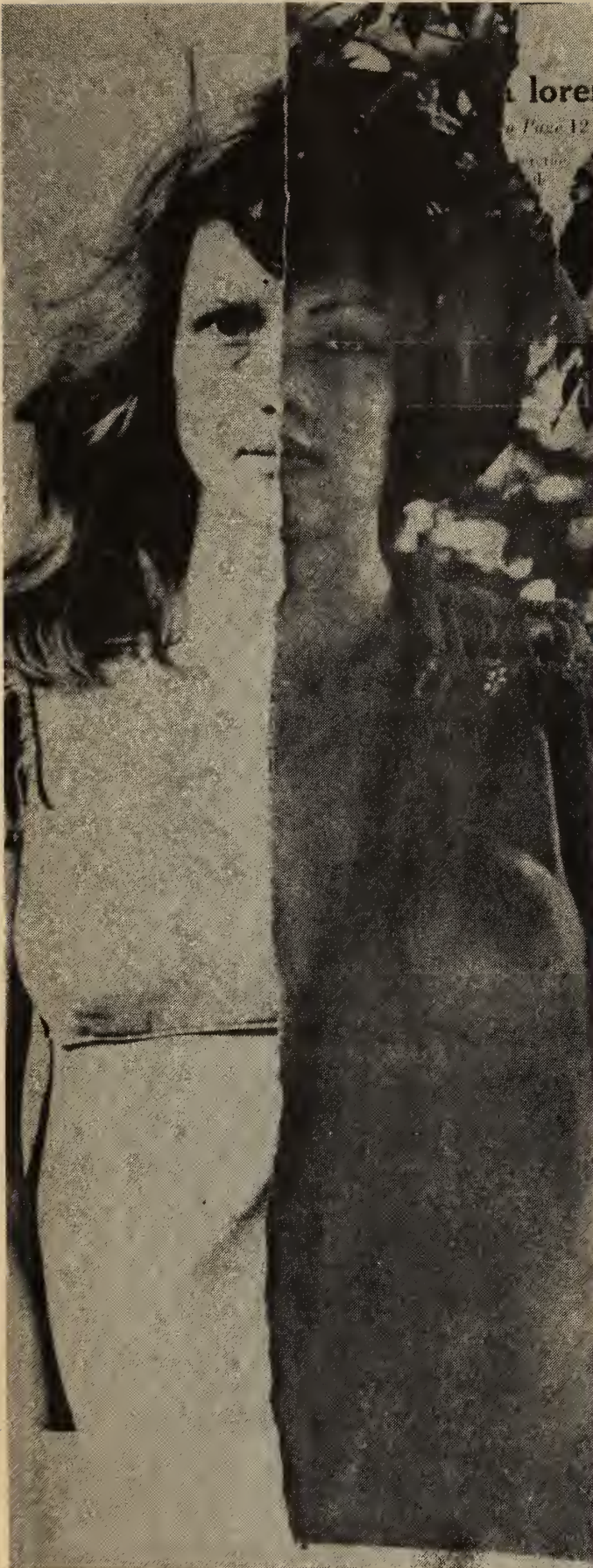
Occasionally visiting theatre groups perform at Carleton. These performances are usually mentioned in **This Week Times Two**, in the *Charlatan's This Week and More column, at the Community Switchboard, Radio Carleton, and-or the tunnel walls.*

OFF CAMPUS

The National Arts Centre (237-4400) gets most of the major theatre companies in the country coming to it. The university of Ottawa has its own drama group. There are also two local theatre groups, Ottawa Little Theatre, 400 King Edward Ave. (233-8948) and Theatre Aquarius, 111-A Rideau (233-4572).

WHAT'S ON IN OTTAWA

A monthly publication that lists the cultural and recreational events in Ottawa for the coming month. It's free and can be picked up at many restaurants and hotels, at the Arts Centre and at Carleton, at the Community Switchboard (4th level uncentre) or in room 503 Unicentre.



Finances

Whether you have a government loan or not, the changes are you're going to need more bread to see you through the year. There are two main ways of getting it, 1) through the Awards office, 2) a part-time job.

AWARDS

There are over one hundred and fifty scholarships, prizes and bursaries listed in the back of the university calendar. The trick is to study them and apply for every one that seems to fit your particular circumstances (use your imagination). And don't wait until December to do it, the Awards office rarely has money left over. When you have made up your mind on which fifty or so pots of money you wish to dig into, and especially if you can't decide, go and talk to Mrs. Loates and-or Mrs. Wolff. Don't be shy. These two ladies like nothing more than dishing out money, guided by fairness and whatever rules they can't bend. But if you are hard up go and see them, they can't help you if they don't know you exist.

If you are temporarily hard up and need just a little money (say \$100) to tide you over till your ship comes in go and see them and the chances are they will be able to set you with a small short term no interest loan. The money (both for awards and loans) is there to help you so make use of it, if you don't someone else will.

PART-TIME JOBS

A place to find part-time jobs is through Student Enterprises, an independant non-profit making

corporation set up by Students' Council for the sole purpose of providing jobs for students. The Enterprise office is in room 511 on the fifth floor of the University Centre. But the jobs will not come looking for you. You have to go looking for them. The thing to do as soon as you arrive on campus is go to Enterprises office (during normal office hours) ask what jobs are available and fill out an application form then and there and then check back every day until you get an answer one way or the other.

Most of the jobs will be working in the campus Pub but there are others like working on the fruit stand or in outside bartending. You can count on making a minimum of ten to fifteen bucks per week. If you can type, apply for the typing service, you get around thirty cents a page.

Fines

All fines at Carleton can be appealed. This applies to residence fines as well as to parking and library fines. If you feel you've been fined unjustly, go speak to the Ombudsman. He will tell you how to appeal a fine. For more information about library or parking fines see the appropriate section on Library or Parking.

Incidentally, there is a \$5 fine for any cheque made out to the university that is non-negotiable for any reason.



Food Co-Operatives

If you're living off campus, the quality and price of food you must buy becomes an important concern. This article explores an alternative to shopping in profit-oriented grocery stores and supermarkets—the food cooperative.

A food co-op is a group of households that buys food in bulk quantities from wholesale grocers for all its members. Unlike grocery or supermarket owners, the co-op members are not interested in turning a profit—only in paying their operating costs. Thus, members are able to buy their food for near wholesale prices. Since the members buy the food themselves, they exert much greater control over the quality and type of food they eat.

There are two relatively large-scale food co-ops in Ottawa and one in Hull. Students' Association intends to set up another co-op at Carleton during the 1973-74 academic year. The largest and oldest co-op now is the **Cooperative Supplies Depot** at 1565 Chatelain Ave. in the west end of Ottawa. Operating for the past nine years, this co-op now has over 750 families and housing co-ops participating.

Aside from a wide range of non-perishables, the co-op sells fresh fruit and vegetables, meat, fish and dairy products.

It also has clothing, appliances, and other household furnishings. The information counter has a number of catalogues and the co-op tries to order items its members wish to purchase which are not ordinarily stocked (e.g. furniture, sporting goods, etc.).

The cooperative is owned by its members. That is, when a household joins it agrees to buy a \$5 share every three months for the next five years. Thus, each member-household invests a maximum of \$100 capital. When a member leaves the food co-op, the household is refunded for all the shares it bought. The money from the shares provides the capital to buy bulk quantities of goods from wholesalers. Operating costs (e.g. rent, salaries, telephone, electricity) are met by having each household pay \$1.50 each week and by adding a 7 percent mark up on the cost price of each order.

This co-op is best suited to large households who have access to a car.

It's open Tues. 1-6 p.m.; Wed., Thurs., Fri. 9 a.m.-8:45 p.m.; Sat., 9 a.m.-noon. Telephone number: 729-9955.

The food cooperative in Ottawa is a health food co-op located in the Herb and Spice Shop, a natural food store at 494½ Somerset West. This co-op has been

running since October 1972 and now has about 1,500 individuals belonging.

This co-op tries to provide the healthiest food for the cheapest prices. Thus, it sells mainly non-perishable natural foods bought in bulk quantities: flours, grains, peas, beans, dried fruit, nuts, seeds, yeasts, cheeses, peanut butter, molasses, apple cider vinegar, soya milk, milk powder, kelp powder, and oils. There is a 15 percent mark up on these foods for co-op members. The membership fee is \$5 for one individual, \$7 for households of two, and \$2 per person for households of 10 or more. Members must supply their own bags and containers and must order a minimum of 2 pounds of each item that they buy.

If you'd like to find out more about the co-op, or would just like to chat about health foods or herbal remedies drop by or call (232-6388) Mike or Jeff, the two people who run the store.

Le Club de Consommation de Hull, 82 St. Laurent Blvd., Hull (770-4487) is very much linked to the greater cooperative movement in Quebec. The posters on the walls of the co-op, the leaflets and magazines distributed there suggest that it is far more politicized than co-ops in Ottawa.

This cooperative is relatively small—125 households and a greater proportion of members actively participate in running it. Each household pays \$12.50 when it joins. Food items are priced at cost and members pay \$1.50 each week to cover operating costs.

If these large-scale co-ops are inconvenient or do not meet your needs, you can always get together with a group of friends or neighbours and start your own. Any group of households can buy food in bulk units from wholesale grocers. All it requires is some efficient organizing and cooperation among the participants.

There are about 10 wholesale outlets in Ottawa (see Yellow Pages; Grocers-Wholesale) that supply everything from non-perishable to fresh fruit and vegetables to meat and fish. Goods come in varying bulk sizes each warehouse usually has printed lists of stock on hand, unit sizes and prices. Prices fluctuate from week to week. Obviously it is essential that the person buying for the co-op should be aware of prices in the various warehouses in order to buy as cheaply as possible. Often it is a good idea to become friendly with the warehousemen. They give away crates of food to people they like if the top layer is damaged or spoiled and retail markets will not buy it.

Generally, the greater the quantity bought, the cheaper the price. Therefore the participating households should reach a collective decision as to

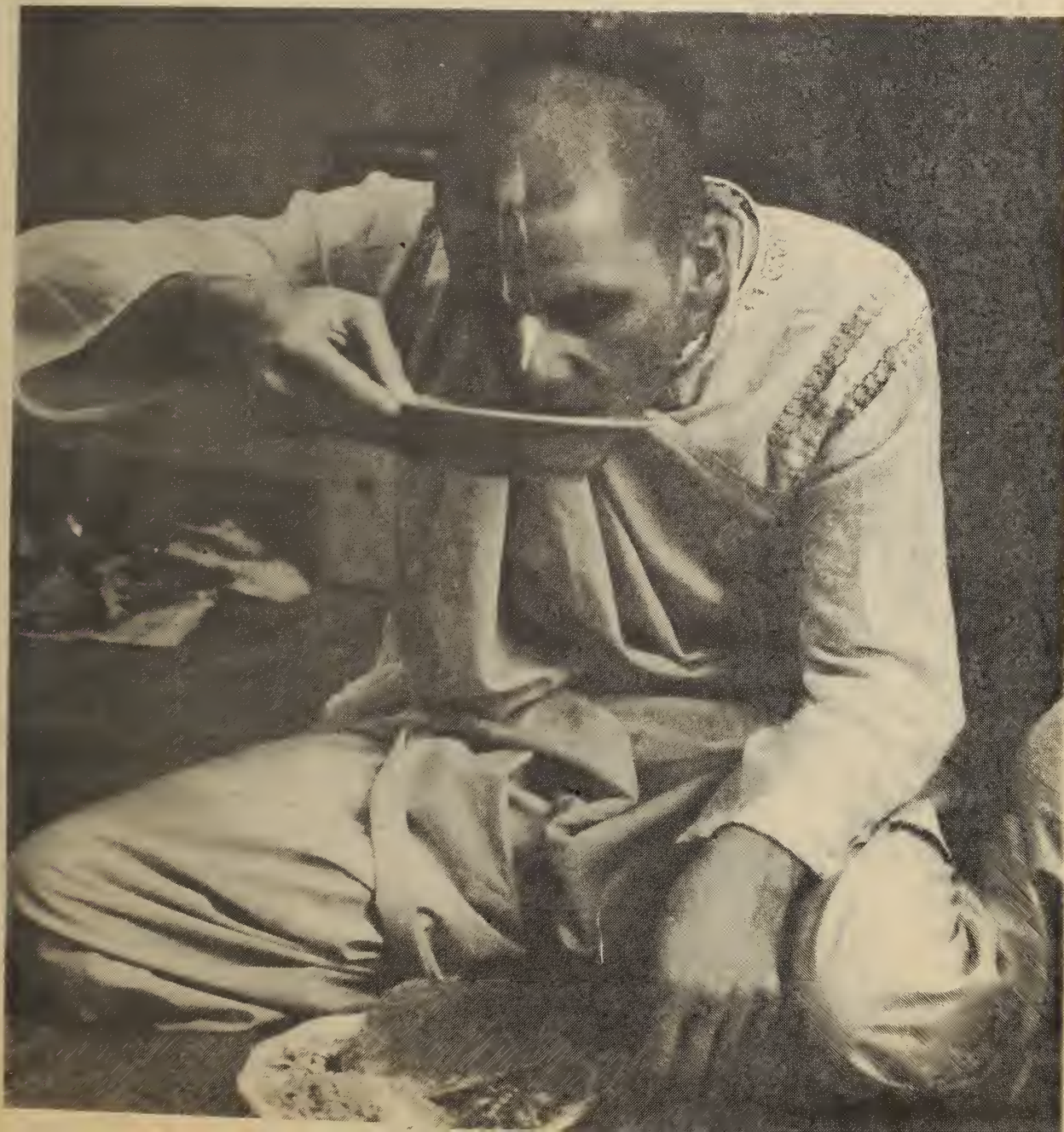
what items are to be bought. (That is, if all households agree to buy, for example, rice, more will be bought at a cheaper unit price than if only half the households ordered rice and the other rice substitutes.)

With knowledge of available goods and prices, each household should plan its food consumption for the following week and draw up an order. The co-op must have a central distribution area (e.g. someone's basement) and a vehicle to transport the food from the wholesalers' to the distribution centre. Once the orders are collected, the food can be bought and delivered to where the individual households can pick it up.

In short, the tasks involved include checking out available goods and prices at the various wholesalers,

collecting all orders, buying as cheaply as quality will allow, driving the vehicle, loading and unloading the food, and picking up individual orders from the distribution centre. Provisions should be made for dividing bulk quantity goods (e.g. scales, containers, bags, etc.). In order that the co-op succeed, it is important that an equitable system of sharing responsibilities be clearly defined.

These, then are the types of food cooperatives in the Ottawa area. They are an exciting alternative to the supermarket because, not only are they economically viable enterprises without being profit-oriented, but also they potentially allow customers to eat the best quality food for the cheapest prices.



Food

FOOD SERVICES at Carleton are contracted out to two private operators. Saga Foods runs the Residence Cafeteria, Unicentre Cafeteria, Unicentre Dining Room and Unicentre Snack Bar. Nelson Vending operates all vending machines on campus and the snack bars in the Loeb Building and Residence Commons.

HOURS OF OPERATION as given here are those at time of publication and consequently are subject to some change.

During certain periods (i.e. exams, Christmas and winter breaks, statutory holidays) when the university is not in full operation hours of food service facilities will be shorted. At these times changed hours will be posted outside the facilities affected.

REGULATION of food services falls within the jurisdiction of either the Residence Food Services Committee or the Food Services Committee. Both have student representation and are responsible for setting policy on food services.

COMPLAINTS OR SUGGESTIONS regarding any aspect of food service may be made to the manager of the facility involved and/or to the Committee responsible. The Residence Association may be reached at 231-3610. The Students' Association number is 231-4380. Each will see that your complaints are passed on to the appropriate committee(s) for action.

REFUNDS of money lost in vending machines may be obtained from the attendant or from the vending office (124 Commons, 231-6667.)

CATERING may be arranged through Saga Foods for anything from delivery of coffee to catered meals of 400-500 guests. Arrangements for catering service may be made by calling 231-3710.

BAKED GOODS may be purchased from two locations. The "Bread Bin" on the first level of the Unicentre sells a variety of fresh-baked bread and pastries. The main bake shop in the Commons Building carries a somewhat larger selection and will take orders for special baked goods such as Birthday and Wedding cakes.

NON-RESIDENCE STUDENTS can purchase individual meals in the Residence Cafeteria, priced as follows:

Breakfast.....	95
Lunch.....	\$1.30
Dinner.....	\$2.00
Saturday Steak.....	\$2.35
Monthly Theme Dinners.....	\$2.25

Those wishing to take all their meals in the Residence Cafeteria may do so by purchasing meal tickets, available under two plans. Under the five-day plan, three meals a day, weekdays during regularly scheduled class periods (Sept. 17—Dec. 14, Jan. 7—Apr. 11) cost of \$375.00. The seven-day plan covers the same period, but with meals on the weekends and cost 441.00. The advantage to this scheme is that one can be assured of eating regularly and having the same unlimited portions as available to residence students.

MEAL TICKETS will also be available in smaller denominations for those who do not wish to make such a large cash commitment. These tickets will be in amounts up to \$25.00 per book and will be honoured at any food facility on campus. They will be sold at discounted rates (5 percent) and may be used at any time during the year at the purchaser's discretion.

Food Service Hours

University Centre

SNACK BAR

Mon.-Fri. 7:30 a.m.-8:00 p.m.
Saturday 12:00-7 p.m.
Sunday 12:00-7 p.m.
Service Short order—a la carte

CAFETERIA

Mon.-Fri. 11:00 a.m.-6:45 p.m.
Saturday Closed
Sunday Closed
Service a la carte—full meals

DINING ROOM

Mon.-Fri. 10:30 a.m.-1:30 p.m.
Saturday Closed
Sunday Closed
Service Daily Buffet

LOEB SNACK BAR

Mon.-Thurs. 7:00 a.m.-7:00 p.m.
Friday 7:00 a.m.-4:30 p.m.
Sat. & Sun. Closed
Service Short Order—a la carte

RESIDENCE COMMONS

Cafeteria
Mon.-Fri. Breakfast 7:30-10:00 a.m.
Lunch 11:30-1:45 p.m.
Dinner 4:45-7:10 p.m.
Saturday Breakfast 8:30-11:00 a.m.
Sunday Lunch 11:00-1:00 p.m.
Dinner 5:00-6:30 p.m.
Service Full meals-unlimited servings

SNACK BAR

Mon.-Fri. 8:00 p.m.-2:00 a.m.
Saturday 8:00 p.m.-2:00 a.m.
Sunday 8:00 p.m.-2:00 a.m.
Service Short order—a la carte

Vending Areas On Campus

Area	Coffee	Cold Drinks	Cigarettes	Sandwiches	Candy	Ice Cream	Hot Food	Quarter Changer	Dollar Changer
Commons Bldg., 1st level	X	X	X	X	X	X	X	X	X
Engineering Bldg., Rm. 200	X	X	X		X				
Unicentre, 1st level	X	X	X	X	X		X	X	X
Loeb Bldg., 1st level	X	X	X	X	X	X	X	X	X
Admin. Bldg., 5th level	X	X	X	X			X	X	
Tunnel Junction	X	X	X		X			X	X
St. Pat's	X	X	X					X	X
Athletics (Pool)	X	X	X	X			X	X	X

Foreign Students

There are approximately 1,300 students of origin other than Canadian studying at Carleton. In many cases they encounter needs that are out of the ordinary. For this reason the Office of the Dean of Student Services has an Overseas Students' Advisor. He is Gerry Neary and he can be found on the 3rd level of Paterson Hall. His job is to make it easier for people from different parts of the world to understand and integrate into our communities.

There are two active ethnic organizations on campus.

These are the African Students' Association and the Chinese Students' Association. These are not closed groups and welcome interest and participation from anyone.

Much can be learned from the intermingling of various ethnic groups and it is up to you to take advantage of it.

Used Furniture Places

Alta-Bank Used Furniture 1725 Bank 731-2245
 Bargain Centre Furniture 777-0704
 105 Greber Pt. Gatineau 777-0704
 Bytown Antiques 578 Bank 235-9355
 Byward Used Furniture 113 Clarence 234-5574
 Central Used Furniture 843 Somerset W. 233-5803
 Cohen & Cohen
 Office Furniture 50 Slack Rd. 825-4530
 Danny's Used Furniture 1087-A Wellington 729-2308
 Johnson's Furniture 111 Murray 237-1800
 Kiltie Furniture 234 Main N. 836-3555 Stittsville
 M & K Furniture 87 Clarence 234-4788
 Merivale Used Furniture 1545 Merivale 224-1613
 Modern Used Furniture 740 Gladstone 236-4947
 Pretty Old Furniture
 & Antiques Ann St. Mntk. 692-4828
 Ralph's Used Furniture 77 Clarence 234-6737
 Redburn Used Furniture 1092 Somerset W 728-0900
 Sandy Hill Used Furniture 308 Somerset E 233-1993
 Super Save Furniture 281 Queen Mary 746-7601
 Wardles Appliances 279 Dalhousie 236-3381
 Wellington
 Discount Furniture 103 Wellington 770-2005
 West End Used Furniture 1014 Wellington 772-3367
 Westboro used Furniture 390 Richmond 729-5333

Gardening



Plants In Your Life

At Carleton

Some people could survive happily with plant material all processed and pre-packaged for table use; others need plants as a vital part of their environment for enjoyment of a full life.

The latter group will find the Greenhouse complex on the lower east campus a resource center they will want to visit and revisit. ELBA, as we call the Environmental Laboratories Biology Annex, has no equal among Ontario universities for display of the diversity of the vegetable world. You are invited to come and enjoy the Greenhouses — they are yours to appreciate.

Those who wish a more intimate relationship with plants grown at 'home' for decoration and culinary use will find the ELBA resources of information and maybe even, if they speak politely to the curator Mr. Hank Datema, a source of cuttings or divisions of plants adaptable to the window-sill garden.

Those who seriously wish to grow plant indoors for table use may obtain information sheets by calling the Ontario Ministry of Food and Agriculture — 828-9167. Ask for 'Artificial Lighting for Plants' and 'Growing Plants under Lights' by J. K. Hughes and A. R. Buckley respectively.

And — good luck in your indoor gardening!

Your Own Garden

Apprehension over the increasing price and deteriorating quality of food should inspire some thought towards growing your own vegetables. In Ottawa your wish is the N.C.C.'s command and they will provide you with a 25'x50' plot of land.

The plots are located at Blair Rd. near Highway 417, on the Prescott Highway near Hog's Back, on Baseline near Pinecrest, at Crystal Beach, in Lebreton Flats, and from Aylmer to Templeton on the Quebec side of the river.

The quality of these sites varies. It is a good idea to check the drainage and soil type of potential plots before you sign up.

When you reach a decision on your plot (don't consult Don Juan for this) write to

GARDEN PLOTS
N.C.C.
48 RIDEAU ST.
OTTAWA

They will send you a paper to sign, give you a plot number, and ask for \$10. In the contract you agree to use only natural or complete fertilizers. You also agree not to use chemical sprays or grow illegal plants.

Your Own Garden (Continued)

When the snow melts go and look at your plot. This should be enough to bum you out for a week and indicate how much work it's really going to be.

In early spring the N.C.C. will plough your plot for you and may apply some fertilizer. From here on it's up to you.

Planning

Tools hoses, stakes, a locker at the plot, whether or not you can do the work yourself (you can't) and what you are going to plant are crucial concerns. You should take advantage of crops you can freeze or preserve for the winter months. Be sure you stagger the planting of perishables like lettuce, radishes and spinach so you will have a constant supply all summer.

After the planning is done, turn the soil, build your rows, mounds and drainage ditches if necessary, then do the fertilizing and planting. You can spend the rest of the summer watering, weeding, cultivating, thinning and praying.

It'll probably be worth your while.

Grievance Procedures

or 'I knew that I was born to be screwed, but I thought I'd get to be on top once in a while.'

Academic

1. Initial complaints to professor involved.
2. Appeal to Chairman of Department.
3. Further appeal to Faculty Committee on Admissions and Studies
4. Final appeal to Senate Executive.

Administrative

No formal grievance procedure exists here. Complaints may be directed to the administrative office involved and-or taken to the Ombudsman or Dean of Student Services office in Paterson Hall.

University Facilities

Athletics

Grievances may be referred to student representatives on the Athletic Board. Check with the Student's Association to find out who they are.

Bank

Bill Boyes, manager of the Bank of Nova Scotia on campus, is the person to see if your account gets screwed up in any way. A letter to the President of the Bank of Nova Scotia can (and does) get results if some arbitrary policy decision is involved.

Bookstore

Mrs. Verriez, the store supervisor, is responsible for customer relations. If she can't help there are student representatives on the Bookstore Committee. Here again check with the Students Association to find out their names.

Food Services

Complaints about food can be taken up with the manager of the facility involved. If this doesn't work, complain to the Food Services Committee via the Student's Association or the Residence Association.

Parking Fines

Notify the Students Association that you wish to lodge an appeal. This will effectively freeze the fine so that it will not double after 10 days as it otherwise will. You will then be contacted and a hearing date will be arranged. At the hearing, you tell your story, the Parking Office tells theirs and the Parking Appeals Committee chooses between the two. This procedure is also good for tickets issued by the City of Ottawa on campus.

Residence

The Residence Association exists to look after you. If you'd rather complain as an individual the Housing Office is the Place to go.

Student's Association

You are a member of this body. As such you have the right to be present at council and executive meetings if you object to their handling of your interests. You can bring forward motions as long as they are seconded by a council member or second motions that are proposed by a council member. You cannot vote at these meetings. You are considered to have exercised and exhausted your franchise at the last council election. BUT if you know who your representative is and can induce her or him to give you their proxy for a particular meeting you can vote as your inclination runs. Proxies cannot be bound to vote in any particular way.

If your fervor is such that heads must roll, any member of council can be impeached by referendum. The relevant article is the Student's Association Constitution is Article 9. Initially a petition signed by 15 percent of the turnout of the relevant constituency in the previous election must be turned into the Council office. (Be sure to keep a copy). Upon validation of the signatures an announcement of the referendum will be made. The referendum will be carried out within 12 days of the official announcement in the Charlatan. To be effective at least 50 percent of the turnout of the relevant constituency in the previous election must vote in agreement.

Unicentre

Complaints concerning the Unicentre can be referred to the Administrative Director of the building. Keep in mind the fact that Student's Council is the body that sets policy for the building. They are the ones to go after to affect or block any policy changes relating to operations, space allocations, or programming in the building.

Like any of the structures they are set up to complement, grievance procedures have a tendency to get clogged up with bureaucratic constipation, to go into endless loops of the "Catch 22" variety, or simply to file problems they don't want to acknowledge.

When this happens to you there are three options open. There is a long tradition at Carleton that any student may make direct appeal to the President of the University. This option should be only restored to in cases of dire necessity. The Dean of Student's Services can and does act on behalf of students. The Ombudsman's Office exists primarily for this purpose and is probably the most informal of the three.

Health Services

ON CAMPUS

There are two medical clinics and an infirmary on campus. The main clinic, on the 6th level of the Unicentre, is open 9:30 am - 11:45 am and 1:30 - 4 pm (231-2755). The other clinic is in residence on the second level of Glengarry House and it is open seven days a week, 1:30 - 3:30 pm and 7 - 10 pm. A doctor is available at this clinic Monday to Friday, 1:30 - 3:30 pm.

The infirmary is located on the first level of Glengarry House and nurses are on duty 24 hours a day, seven days a week (231-3844). The clinics can provide immunization and allergy shots. There are doctors and nurses on duty to evaluate and treat general illness, or refer patients to specialists if necessary. One evening a week a gynaecologist holds a birth control clinic to provide information and assistance.

OFF CAMPUS

Hospitals

- 1 Montfort Hospital - Montreal Rd., 746-4621; general hospital with emergency services.
- 2 Ottawa Civic Hospital - Carling Ave., 725-4111; general hospital with maternity dept., emergency dept., and out-patient clinics.
- 3 Ottawa General Hospital - 43 Bruyere St., 231-2121 general hospital with emergency dept. and out-patient clinics.
- 4 Riverside Hospital - 1967 Riverside Dr., 731-6710, general hospital with emergency dept.
- 5 Royal Ottawa - 1145 Carling Ave., 722-6521; specialty hospital in psychiatry and rehabilitation medicine.
- 6 Salvation Army Grace Hospital - 1156 Wellington St., 728-4611; general hospital.

Hitch-hiking

Some simple rules:

- 1 A car can only stop if given enough room to pull off to the side. On Colonel By Drive there are such places provided.
- 2 Give the driver enough time to see you. at night try to stand under a light and make yourself as obvious as possible. In the day smile at the driver, this may be enough to break him out of his going to or from work doldrums.
- 3 The driver is doing you a favour so don't take all day getting to the car. Ask the driver where he or she is going. If it will be advantageous to take this ride, express a reasonable amount of joy.
- 4 When you get out of the car thank the driver and don't slam the door. You can never tell if the ride

might develop into a hitcher's dream.....a regular ride either to or from school.

- 5 In Ottawa, drivers have a tendency to pick up neater people. If you are going to be hitching for most of your transportation around Ottawa and you are a male, a University type jacket is invaluable.
- 6 Whether you are a man or a woman, hitching with a woman companion is demonstrably better than without. If you are a guy it improves the chances of a ride by 50 per cent. If you are a girl you are less likely to run into a weirdo. (Nice people always stop, weirdos pick their spots).
- 7 Never hitch with more than 2 or 3 unless of course you are all girls.
- 8 If you run into a drunk or a weirdo suggest that you want to get out at the nearest public place. If it's really heavy tell the driver that you are going to be sick all over the inside of the car if you don't get out soon. This has amazing results. If you think there is going to be trouble when you get out be sure to get out where there are other people around.



Housing

The department of Housing and Food Services is responsible for housing for students both off and on campus as well as for the food service areas about campus. The housing section of this department is broken down into two categories - on and off campus.

The residence complex on campus has facilities for 1317 students who are housed in five buildings. These are grouped together in one area adjacent to the Commons Building, close to Bronson Avenue. They house students from all provinces and many countries, with interests ranging from sports to drama, politics and student government. The two University owned houses off-campus, located at 114-116 Hawthorne, house Graduate students only.

To meet the needs of those students who do not wish to - or because of lack of space are unable to live on campus - an extensive off-campus housing service is provided. This lists accommodation available under headings: Rooms, room and board, shared accommodation, apartments and houses given to us by landlords. They are posted in a glass case outside Room 225, 2nd level Commons, accessible 24 hours per day. It must be emphasized that this department operates only as a liaison between the landlord and the student, and assumes no responsibility for arrangements entered into. It is up to the student to make his own arrangements.

Housing incorporates within its scope a summer program, not only for students attending summer school, but working students. In addition national and international conferences are accommodated not only with food and lodging but all facets relating to such gatherings are co-ordinated and arranged.

During the academic year bookings of all Commons facilities for special events are handled from this area.

Director - Dick Brown 231-2785.

Residence and Office Campus Housing 231-3610.

Hours

Bookstore Monday to Friday 9 am - 4:30 pm; 7-9 pm. (during first week of classes — 9am-9pm.)

Gym daily 10 am-11 pm

Field House (athletic offices) 9 am-5 pm

MacOdrum Library when classes are in session:
circulation desk Mon. to Fri.
8:30am-10:15pm;
Sat. 9:45am-4:45pm; Sun. 1-4pm.
study facilities Mon. to Fri. 10:15pm-midnight;
Sat. 4:45pm-midnight;
Sun. 10am-1pm; 4pm-midnight.

Social Science Reading Room 2nd level Loeb

Mon. to Fri. 8:30 am-midnight;
Sat. 9:45 am-midnight;
Sun. 10 am-midnight.

Business Office Mon. to Fri. 9 am-5 pm;
Mon. to Thurs. 7-9 pm.

Registrar's Office

Faculty of Arts Mon. to Fri. 8:30 am-5 pm;
Faculty of Engineering Mon. to Fri. 9am-noon;
1:15-5 pm;

Faculty of Science Mon. to Fri. 8:30 am-5 pm;

General information evenings Mon. to Thurs. 7-9 pm.

Unicentre Undecided at date of printing; call 231-3831 to find out current hours.

ST. PATRICK'S COLLEGE:

Registrar's Office Mon. to Fri. 8:30-4:30 pm.

Business Office Mon. to Fri. 8:30 am-4:30 pm

Library Mon. to Thurs. 8:30 am-10:15 pm; Fri.
8:30 am-6 pm; Sat. 9 am-1 pm;

Sun. noon-8 pm study facilities only.



Income Tax

In 1972-73 the Ombudsman's office formed an income tax advisory service. This service will be continued this year and will be advertised through the Carleton Media. The service is free, confidential and available to all Carleton students.

Before consulting the advisory service you should have obtained all your T-4 slips (including those from the Ontario government) as well as your tuition receipt. To obtain your tuition receipt you must fill out an application form at the Business Office.

Information may be gathered from the District Taxation Office, 160 Lisgar Street. They will supply information in pamphlet form and also provide advice at the office or by telephone. They are not allowed to fill out your income tax form for you but will give specific solutions to specific problems.

The major changes last year were that loans, bursaries and scholarships were taxable, subject to a five hundred dollar exemption. Students were allowed a deduction of \$50 a month for every month they were in school. This deduction was used to reduce a student's taxable income. If you did not need to use all or any portion of the deduction to reduce your taxable income to zero you were permitted to transfer the surplus amount to a person who would be declaring you as a dependant.

The Income Tax Act has been revised once again this year. Some of these changes will affect the student. Do not leave your income tax until the last minute and be sure you make every allowable deduction.

Information

If you have no idea about where to get information on anything dealing with life at Carleton or in Ottawa go to the fourth floor of the Unicentre where you will find the Community Switchboard. They will have some facts on the matter concerning you and will give you a good start getting into the right bureaucratic channel. Their number is 231-6666.

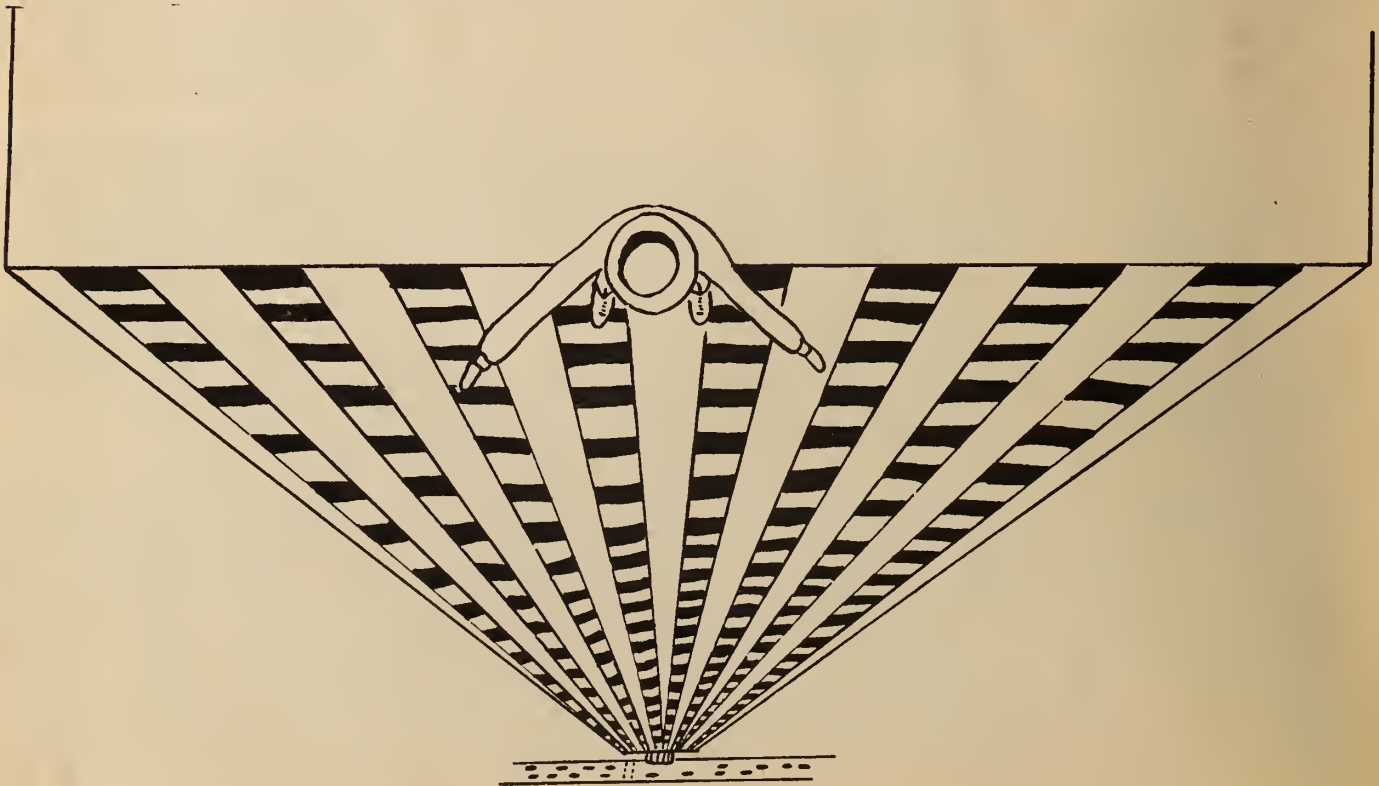
How to get Information

"This is a thing to know and knowledge as nobody can know is a thing to get by getting."

—Gertrude Stein

Universities perhaps are all about getting knowledge. But before one can get knowledge one has to get knowledge about the business of getting knowledge. And that's what this article is all about—how to get information on campus.

Well, it all depends on what type of information you want to get. Unless you have a problem. In that case your best bet is to go see Lance Clark, the Ombudsman. He's on the 3rd floor of Paterson Hall. 231-6717. Problems: academic stuff—dropping courses, missing exams, appealing marks, personality conflicts with professors; legal hassles—being evicted or other landlord problems, hassles with Bell Telephone, separation, divorce; abortions; financial problems—fines, loans, information, how to fill out your income tax forms . . . just about any problem. He may not be able to solve your problem but at least he'll be able to refer you to the person most likely to help, par-



How to get Information (Continued)

ticularly if the person is on campus. His office is right next to Gerry Neary. Foreign Students' Advisor, who is right next door to Bob Nixon, assistant Dean of Student Services, who is next door to Norm Fenn, Dean of Student Services—all of whom are also there to help with problems and predicaments you may find yourself in. They all have the same telephone number—231-3723.

What if you don't have a problem or don't need any advice—all you want is information like someone's telephone number on campus? There are two telephone information services on campus—one just for telephone numbers run by the administration: 231-4321; and one for telephone numbers and other things run by students and called the Community Switchboard. The Community Switchboard is in the Unicentre (231-6666). It's a general information and referral service. They can tell you about the weekend bus service to Kingston, Montreal, Toronto, and other places from campus, or who's playing in the pub or what cultural events are happening, how to get information particularly if they're happening on campus.

Other places to find out about films, plays, lectures, concerts and other music seminars, sporting events, and other things happening: the **This Week and More** column in the **Charlatan**, the **Coming Events** column in **This Week Times Two**, and announcements on **Radio Carleton**. There also two publications in Ottawa for entertainment information—**What's On In Ottawa**, a monthly publication that is free and **Ten Penny Press**, a weekly tabloid that costs ten pennies.

There are probably many other types of information you may want to get but this article isn't going to tell you about them. Mainly because they're either already somewhere else in this handbook, or else the Ombudsman and-or Community Switchboard can get them. Or I don't know where to get them.

"There is no use in telling more than you know, no not even if you do not know it."

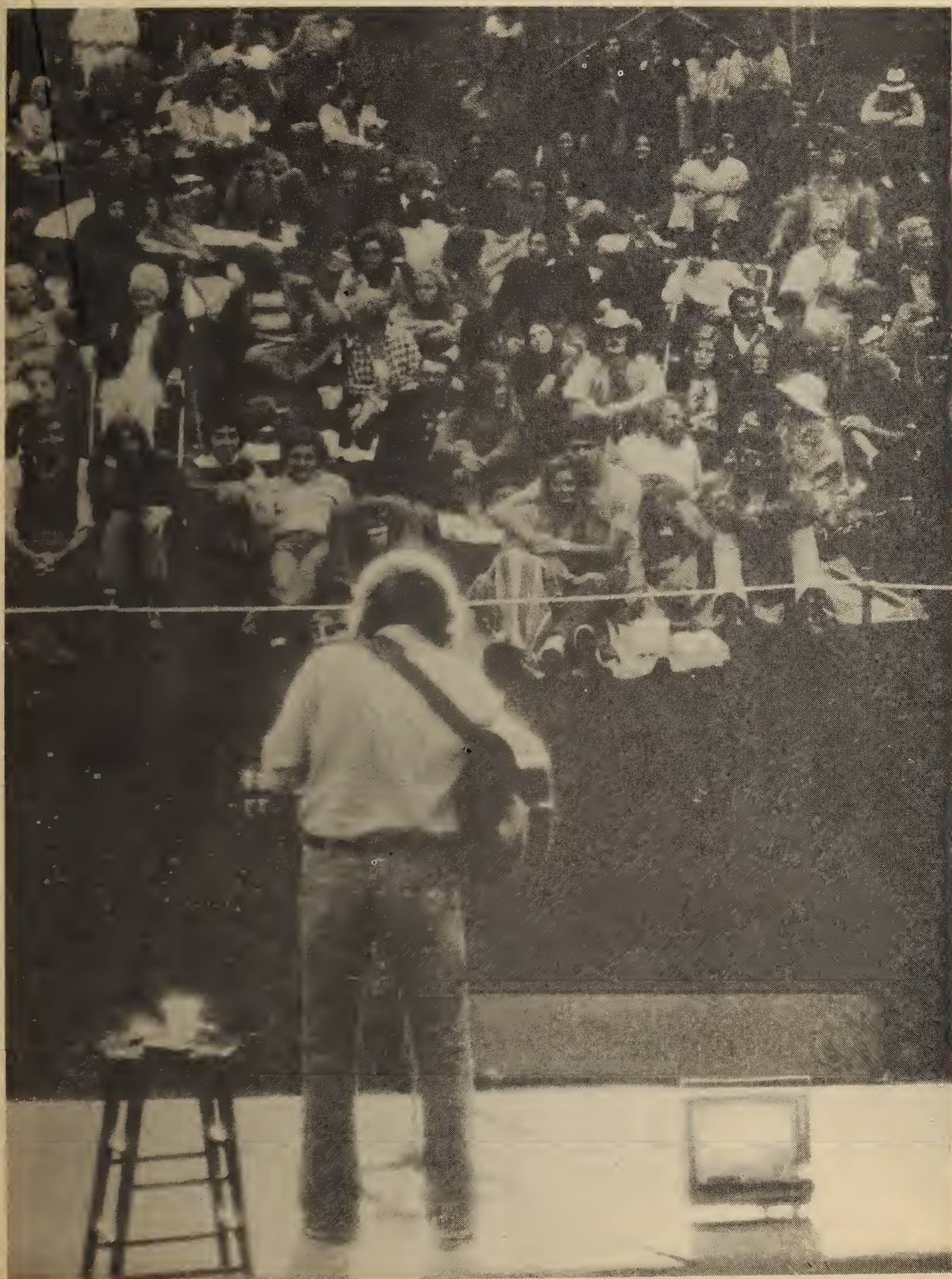
Telephone Numbers

Emergency	231-4444
Departments and other administration telephone information	231-4321
Athletics	231-2646
Audio visual services	231-6321
Awards Office	231-3735
Bank of Nova Scotia	231-5597
Bookstore	231-6616
Buildings and Grounds	231-4366
Business Office	231-3762
Chaplaincy	231-3646
Charlatan	231-4499
Community Switchboard	231-6666
Computing Centre	231-5555
Dāy Care Centre	
—Loeb	231-6312
—Renfrew	231-5521
Dean of Student Services	231-3723
Graduate Studies	231-3629
Health Services	231-2755
Housing (off campus)	231-3805
Information Office	231-3600
Library	231-2750
Ombudsman	231-6717
Overseas Students' Advisor	231-3723
Parking	231-2716
Placement Office	231-2600
Radio Carleton	231-4498
	231-6704
Registrar's Office	
—Arts	231-5572
—Science, Engineering	231-6705
Residence	
—Director	231-2785
—Accommodation Officer	231-3610
—Conference Coordinator	231-3610
—Res Council	231-3806
—Telephone Information	231-3610
Security	231-4360
Student Enterprises	231-5550
Students' Council-Ass'n.	231-4380
St. Pat's Student Union	231-4401
Unicentre	
—General Office	231-3831
—Arts and Crafts Workshop	231-5507
—Barber Shop	231-9794
—Faculty Club	231-4359
—Free Phone	231-3679
—Games Area	231-3645
—Music - Reading Room	231-3891
—Saga Foods	231-6628
—The Store	231-4365



Jobs

Manpower is coming to live on the fifth floor of the Unicentre. They will help you find full and part time jobs. They will also provide you with career counselling



Carleton University
Ottawa
September.... 1973.

Dear

Carleton sure is great. I've met some really great people who are showing me around Ottawa. The museums are most informative and the changing of the guard is spectacular.

Be sure to say hello to for me and tell everyone I miss them a lot.

Orientation was really hectic but I've managed to get through it in one piece. I am taking,,, and Some of them look interesting, particularly; the prof. seems like a very together person.

I noticed the other day that I didn't bring enough I would really appreciate it if you could mail some to me soon.

Well I have to get going, some people are getting together in the and we're going to later. Hope to hear from you and soon. Bye for now

.....

.....

P.S.

.....

Public Lectures

Each academic year Carleton University sponsors a number of public addresses by eminent speakers and visitors to the campus as an educative forum on relevant issues and interests.

During 1972-73, 66 public lectures were given to a total audience of over 7,500.

The General public is cordially invited to attend these lectures free of charge.

As many of the necessary arrangements are in their formulative stages as of the date of this publication, particulars will be announced as they become available. Readers are advised to consult Carleton University's weekly advertisement **This Week** in the entertainment section of the Ottawa daily newspapers. Further information on public lectures and other campus events is available from the Information Office (213-3600).

As of the date of this publication, the following lecture series had been proposed by various University department (+ denotes a series of lectures as distinct from individual, unrelated lectures):

Art History

- Art in England in the 18th Century
- Patronage of Canadian Art
- Canadian Silver
- 19th Century French Art

Biology

- Human Genetics and Genetic Engineering+

Classics

- Classical Mosaic+

Engineering

- Urban Transportation Planning and Policy Development in Canada+
- Industrialization and Internationalization

English

- Readings by Canadian Poets+
- Open Seminars with Canadian Playwrights
- Renaissance Life and Literature+

Geography

- Historical Geography

German

- Mimische Sprache bei Goethe
- Literary and Folkloristic Elements in the Libretto of Mozart's "The Magic Flute"
- Woyzeck: A Materialistic Alternative

International

- Transformation of Peasant Society+

Italian

- Boccaccio
- Contemporary Italian Poetry+

Law

- Law as an Instrument of Social Change+

Linguistics

- Linguistics in Canada+
- The Native Languages
- Bilingualism

Music

- Piano Music by Liszt, Schubert, Scriabin, and Beethoven+

Philosophy

- John Stuart Mill 100 Years After+

Political Science

- Democratic Government in Multi-cultural Societies+

Psychology

- Physiological Psychology (Speaker: Neil Miller)
- Learning (Speaker: B. F. Skinner)
- Developmental Psychology

Public Administration

- Government-Industry Policy Relations+

Religion

- Christian Responses to the Holocausts+

Laundromats

On Campus there are coin-operated washing machines (25c) and dryers (10c) on the bottom floor of each of the residences. The largest collection of machines is on the first level of Glengarry House

Off campus—see Yellow Pages.

Language labs.

If you decide to take an introductory course in French, German, Spanish or another language you will probably have to spend a reasonable length of time in the language labs. They are located at the bottom of Paterson hall. If you don't speak the language very well or at all they can help you a great deal. Talk over their use with your professor to maximize your time spent in them.

Legal

If you are having a legal problem and aren't aware of any legal aid clinics consult the Ombudsman RM-324 Paterson and he will be able to get a legal aid lawyer for you. Alternatively you can get in touch with the legal aid clinic at Ottawa V.

Library

ON CAMPUS

The main library at Carleton is the MacOdrum Library on the quad. There is also a library at St. Pat's, and a Social Science Reading Room in the second level of the Loeb. As well as a number of departments have small libraries of books related to their own discipline for the use of students in the department. Many professors keep a small private library of texts and periodical in their offices and some lend out books.

The main library (213-2683) and the Social Science Reading Room (213-3695) are open until midnight daily but the circulation desk closes earlier. For exact hours check the Building Hours list in this handbook. The main library has an audio room with tapes relevant to music and English courses and a microfilm room. It has self-operated photocopy machines on the 3rd, 4th, and 5th floors and a Xerox machine with an operator on the 3rd floor. There are typing booths on the 5th floor.

A Carleton student can take out an unlimited number of books from the library. If a book you want is out of the library you can ask that the book be held for you when it is returned. You will be contacted when the book is returned and will have 24 hours to pick it up.

OFF CAMPUS

Canada Council Information Services—press clippings on the arts, humanities and social sciences in Canada; 150 Wellington 237-4000.

CBC Research Library- books and documents dealing with international communications media, audience research, behavioral science, and audio-visual education. A two-week inter-library loan may be arranged through the Carleton library, 1500 Bronson 731-3111.

Goethe Institute, 35 O'Connor 235-3944.

Government Information Services:

a) Queen's Printer-publications originating in Parliament, department and agency reports and periodicals, publications of international organizations;

b) Department Libraries-most departments have a library with material relevant to their activities; most departments have a press clipping service on topics with which the department is concerned.

National Library-395 Wellington 992-0695, the most comprehensive collection of Canadian books and periodical; library holds on microfilm M.A. and Ph. D. these of most Canadian universities; material is available to graduate students doing research upon presentation of a letter of introduction from the Carleton University library; researchers can use material in this library only if they cannot locate it in their own libraries or the public libraries; books may also be borrowed on inter-library loans; the library is open to any qualified researcher who can show proof of his necessity to use the library; non-students do not need letters of introduction.

National Research Library-Science Library: 100 Sussex Dr. 992-9195 collection in most fields of medicine, science and technology.

Nepean Township Public Library-administrative offices: 16 Rowley 224-4338; Centennial Branch: 3870 Richmond Rd. 828-0515; Merivale Rd. 224-7874.

Ottawa Public Library-

237 Queen

281 Woodroffe

377 Rideau

1049 Bank

18 Rosemount

Hampton Park Plaza

847 St. Laurent Blvd.

Elmvale Acres Shopping Centre

Bookmobile-1049 Bank

236-0301

University of Ottawa Library 550 Cumberland 231-2476

U.S. Information Service Library-150 Wellington 236-2341 books, documents, press clippings of all aspects of the U.S. scene and international relations.

Vanier Public Library-259 Ste. Anne, Vanier 745-0861

Others-the Citizen, the Journal and Canadian Press each have small reference libraries and maintain files of newspaper clippings.

Lost and Found

They say 'Professors are absent-minded' well believe me students run a close second. Students lose everything you can imagine-books, brief-cases, etc., but most of all-expensive prescription eye-glasses, if these are found and turned in to the 'Lost and Found' they are there for months and never claimed.

The 'Lost and Found' office is run by Student Enterprises Inc. and is located on the first level of the Loeb Bldg. Open from 12:30 to 2:30 p.m. every day and from 6:00 to 7:00 p.m. every evening but Friday. 'Phone number 231-5576.

If you have lost anything-
SEEK AND YE SHALL FIND
we hope



Map of the Campus

1. MacOdrum Library
2. Arts 1. Tower
3. Paterson Hall (arts)
4. Alumni Theatre
5. Southam Hall
6. Loeb Building
7. Tory Building
8. Herzberg Laboratories (physics)
9. Steacie Building (chemistry)
10. University Centre(playpen)
11. Architecture Building
12. Mackenzie Building (engineering)
13. Administration
14. Parking Garage
15. Maintainance
16. Physical Recreation Centre
17. University Commons
18. St. Patrick's College
19. Russell House
20. Grenville House
21. Lanark House
22. Renfrew House
23. Glengarry House
24. Environmental Labs



Media

Radio, television and most newspapers in Ottawa leave a lot to be desired.

RADIO AM

CBO - 1033 is a standard CBC radio station. There is a lot of information programming as well as classical, semi-classical and jazz music. Most listeners listen because it is different and there is much variety. The highlights of the day starts at 9:13 a.m. with Peter Gzowski. Don't miss it but beware—it is habit forming.

Full programme schedules may be procured by writing to:

Box 322
Station "C"
Ottawa, Canada
K1Y 1E4

CFRA - 580 is Ottawa's most popular station. The reason for this is unclear. The format is what is sometimes called pop, but it verges on bubble gum through the day and is bubble gum at night. It can easily be turned off.

CKOY - 1310 - does not differ too much from CFRA. The announcers are generally a little better and use less ridiculous chatter. Music is much the same.

HOT LINES - Both stations enjoy the phone in formats. Lowell Green is the CFRA host who has been described as a Facist Pig who browbeats sincere women. CKOY has two hosts, Hal Anthony and Bill Roberts. They are somewhat better but not much. If you like these kinds of shows - Good Luck.

CFGO - 1440 - **THE GO 14**. This is an attempt to outdo CHUM with Ottawa's own CKLW. Format is rock with quick programming jocks. The attempt is weak but there is lots of music and it is more up date than the other stations in town.

CJRC and CKCH - 97 - These are both French language stations though not on the French 100 curriculum. Music is mostly American and Canadian with a sprinkle of Canadian. It is interesting to note that CJRC is located on Belfast Road, for what it's worth.

FM Radio - Just about all stations have FM counterparts.

CFMO - 93.9 - is closer to Musak than a radio station.

CKBY - 105.3 - is good country music. Stompin' Tom is big and well he should be.

CBO - FM - 1033 - is your standard CBC FM station.

Radio Carleton

Media

TV

There is a proliferation of TV stations for cable subscribers.

CJOH - 13, 8, 6 - CTV affiliate which purports to be the local station from Ottawa to Cornwall, Kingston and Belleville. It is an absurd proposition but one which the CRTC approved. Local news coverage is the best in town which should not be interpreted as great.

CBOT - 4 - a CBC affiliate and carries most of the network programmes you don't want to see. It also carries most of the few good shows including Sesame Street and the Friendly Giant.

Cable 3 - is the product of CRTC regulations forcing cable operators to broadcast. It is obvious the companies are doing it against their will. **The product is cheap and generally dull. Rarely is it worth watching** (unless you want to see the 1939 Stanley Cup which may be donated by Molson's.)

RADIO CARLETON - CKCU - 680 - operates on closed circuit and on AM. Can only be received on radios in residence. Has some good shows which can only be heard by residence people since they are on at night. During the day it is mostly commercial stuff without commercials. There is considerable heavy rock (whatever that is) and/or few good specialty shows - check with them. If you're interested you may be able to get your own show. They are located on the fifth floor of the Unicentre.

NEWSPAPERS

There are two city paper, the Ottawa Citizen and the Ottawa Journal. Both are evening papers. They are filled with local stories and events. They cover much trivia. The Citizen is a little more colourful and usually has better features. It is best to try both and make up your own mind.

The Charlatan - is the student newspaper which deals mostly with campus events. It has good years and bad years. This looks like a good one and the results can be effective. Read it.

TWTT

This Week Times Two - is published by the Information Office (the university.) Is good for finding out what's going on. The perspective is not at all the same as The Charlatan's. It is worth looking at if you want to know what is going on around you.

Motorcycles

In order to drive a motorcycle in Ontario you need a licence. To get a licence you need to know how to drive a motorcycle. The law does not make any provision for a learner's permit, consequently it becomes difficult to drive a motorcycle.

There are two ways you can go. The first is the private property route with a friend who knows how to drive, or the country backroads routine with a friend who is looking for the police. Or you can take the Ottawa-Carleton Safety Council's course at City Hall. It is excellent. It not only prepares you for your driving exam, but introduces you to other aspects of motorcycling including handling, the mechanical and electrical side of a motorcycle and so on. The course instructors work on a volunteer basis and they make certain you learn. The teaching methodology is mostly practical but a few lectures are given.

75 per cent of all motorcycle fatalities occur within the new rider's first 6 times on a motorcycle. By the time you've finished the course you will have more than surpassed this number. The course has never graduated someone who has become a statistic.

The course begins in the Spring, is held one night a week for 6 weeks. The cost is \$20.00 Reserve a place by 'phoning 236-3631.

To get a licence there is also a written test. No appointment is needed and it is taken at 1570 Walkely Road. Once you have passed the written test you can make an appointment for your driving test. The cost here is \$8.00. The 'phone number is listed under the Government of Ontario, Department of Transport.



Moving

It is a terrible realization that you cannot be objective about an article you are writing. It is even more terrible when the article is about moving. I've tried to be objective. I've written introductions to this

article for three days. I don't care anymore and what's more I don't care whether anyone else cares.

I hate moving and I hate people who ask me to help them to move. I always have to help because someday I'll need their help.

If you hate moving here's how to move

- 1 Throw everything you don't use, out.
- 2 Have everything small in boxes by the time your friends arrive to help.
- 3 Don't waste time planning but mark the room the box should be in when you reach your new home.
- 4 Get someone competent to load the truck (this person should be thick-skinned enough to withstand the valid hatred of everyone else who a) figures it's being done all wrong
b) figures it's easier job than theirs)
- 5 Take stuff directly from the truck into the room where it is supposed to go
- 6 Supply refreshments after everything is off the truck.
- 7 Don't unpack until your friends have gone.

Unless you have lots of money and no friends you will not be concerned with moving companies. The best and cheapest way is to meet someone who has access to a truck. Alternatively you can rent a truck from a rental agent or try to move everything by car.

Moving everything by car is really terrible because you have to make so many trips. It is a good idea to move some of the smaller things by car before the big move actually begins as this will demonstrate to your friends that you did as much as possible by yourself before calling them. How much you should move yourself depends on the gullibility of your friends.

If you rent a truck read the contract very carefully before signing. Ask the manager to explain any clause which is not clear to you.

There are different insurance schemes which should be discussed thoroughly before you decide which one you want. If you are between 21-25 you probably will be discriminated against on insurance plans by paying higher mileage and gas rates or by being refused outright.

The mileage rate may or may not include the purchase of gasoline.

Usually the renter is responsible for all traffic violations.

Before signing read the additional clauses which appear on the back of the contract.

Most importantly check the condition of the truck before you accept it. Look for any dents and scrapes, check mileage and be sure that you have been given a spare tire and a jack. If you notice anything irregular report it to the manager before leaving the lot.

These are the truck rental place in Ottawa. U-Haul will probably be the cheapest but check around.

AVIS	1604 Michael	741-0441
BUDGET	443 Somerset	232-1526
AIRWAYS	440 Laurier	237-1110
COMMERCIAL	122 B Clyde	225-1291
HERTZ	1039 Belfast	745-9838
JOCKO'S	1107 Cobden	829-1582
MAC'S	249 Garneau	749-4655
RENT-A-TRUCK	1171 Wellington	722-7786
RYDER	1515 Michael	745-0001
TILDEN	199 Slater	232-3536
U-HAUL	1843 Merivale	224-2088

N.U.G. Tells You Where To Go

Introduction:

In the following pages you will find some information on academic government at Carleton. It is important that you know something about it because you will get screwed by the regulations these bodies make at least once while you are here. The information in the following pages, we hope, will help you solve your individual problems or show you how the regulations can be changed. There is no reason for you to feel helpless and give in to the "authorities". You can change the rules through your N.U.G. rep. who represents you on the university academic government. With the support of his-her fellow reps and you, the student, he can change things.

COURSE CONTENT AND PROGRAMMES

If you have a complaint about the content of a particular course see the faculty member who teaches the course. If he doesn't agree to make the changes then contact the student rep. on the departmental curriculum committee or your N.U.G. rep. The curriculum committee can recommend changes of course content to the departmental board provided there is no violation of the faculty member's academic freedom.

You can change programme requirements in the same way.

So you are stuck with a "lousy prof"! Well there is something you can do about it. First thing, talk to the professor involved. Perhaps he-she wasn't aware of the problem.

If you cannot solve the problem this way, then you will have to take it to the departmental chairman. The chairman administers the affairs of the department and so acts as an arbitrator in student-faculty disputes. In this capacity he has some control over what courses a faculty member will teach and usually he can influence a faculty member's tenure or promotion.

You can present your case as follows: draw up a petition which outlines your complaints in an objective fashion and then get everybody to sign it; arrange a meeting with the chairman before the final exam and present the petition to him. A copy of the petition should be sent to the faculty member involved. In this way a faculty member jeopardizes his-her position if he-she attempts to "punish" the class by failing them or giving them low grades.

LIBRARY AND BOOKSTORE

Policy and regulations regarding both these services are formulated by their respective committees which have student representation. If you have a complaint about either service contact the students on the committee in charge of the service. They are on these committees to represent your interests. If you can't contact them take your complaint to the N.U.G. Council which will take action on it.

EXAMINATION TIMETABLES

If you, as an individual, have a problem with your exam time table then take it to the scheduling officer, Mr. O'Brecht. He can arrange for you to write your exam at another time and-or place.

If the class as a whole is dissatisfied with the exam schedule then talk to the professor about it. He can then try to change the schedule himself. If this fails then go the chairman of the department in which the course is taught with your complaint. If he refuses to co-operate then draw up a petition naming an alternate date for the exam and present it to the dean of the faculty. Although the last step seems desperate it has worked in the past.

ADMISSIONS AND PROMOTIONS

Not all academic regulations are in the university calendar, only a paraphrase of the "actual" regulations. You will find out what the "real" regulations are after you have broken them. If you are in doubt about the interpretation of a regulation consult your departmental chairman or advisor, before you do anything.

You have the right to appeal any decision made by the registrar's office to the appropriate faculty committee on admissions and studies. The registrar's office can assist you in the preparation of your appeal. Appeals of departmental decisions may also be made to the Admissions and Studies Committee of the faculty. If you feel a regulation is not just, get your N.U.G. rep to get it changed.

New University Government

1. SENATE:

The Senate is the body that makes the academic decisions of the University. It acts as a review body for faculty board decisions and is responsible for academic planning throughout the University. It also takes the initiative in areas involving general regulations such as admissions policy, examinations, the sitting of the academic year, academic programmes and grading.

A number of the Senate committees are of interest to the students in so far as their decisions affect the student body and their membership includes students.

These are:

a) Academic Planning Cmte: This committee can recommend to the Senate that academic programmes, both undergraduate and graduate, be re-structured or even dissolved. It formulates statements of general academic goals for the University and also the long-range goals for development. It also examines budgetary implications of academic planning.

b) Cmte. on Admission and Studies Policy: This committee is concerned with all aspects of the undergraduate degree programmes in respect to admission, transfers from one degree programme to another, establishment of course requirements, the General Regulations of the University, and the academic requirements for an undergraduate degree. It also controls the format and editorial policy of the Undergraduate Academic Calendar.

c) Instructional Aids Cmte: The purpose of this committee is to make recommendations to the Senate on all matters of policy for campus groups. These aids include such diverse machines as projectors, screens, record players, speaker systems, television equipment, film production and sound recording facilities, photographic equipment, video cassettes, and many others.

d) Library Cmte: This committee was developed to advise and make recommendations on the operation and development of the University Library. Their special areas of interest are the Library budget, the Library collection, the services offered, the operation and the development of the physical facilities, and the relations of the University Library to other libraries, especially those in the Ottawa area.

e) Cmte. on Continuing Education: The committee on Continuing Education is concerned with Special Students in dealing with their enrolment and continuance, and providing an Appeal Board for them.

2. FACULTY BOARDS:

There are Faculty Boards in Arts, Science, Engineering, at St. Patrick's College, and for Graduate Studies. The School of Architecture and the School of Social Work each have a Council. The Faculty Boards consider matters concerning their own academic affairs and make recommendations to Senate whenever action by Senate is required. Each Faculty Board has its own committees, most of which have student seats and many of which might be very interesting. Two committees which are definitely interesting and very important are the Admissions and Studies Committee, of which there is one in every faculty; and the Course Evaluation Committee which can be found in the faculties of Science and Arts.

3. DEPARTMENTAL BOARDS:

Each department has a number of committees, some of which are concerned with academic policy and administration within the department. The Chairman of the department governs the department in administrative matters but he may refer questions of procedure to the departmental board which consists of all professors and the student representatives. Each department has a curriculum committee which examines the courses offered to students and make recommendations to the departmental board for changes in the curriculum. From there the recommendation makes its way to the Faculty Board.

4. STUDENT PARTICIPATION:

Students may be elected to membership in Departments, Faculty Boards, and Senate, and they may be appointed to committees of these bodies. Students who are elected are automatically full voting

members. If elected to a departmental board, students will have one year terms.

These students are elected by the students in their department and represent them.

Once elected to a departmental board a student is automatically a member of the faculty board. To become a member of Senate a student must be elected by the staff and other student representatives in his or her faculty.

The N.U.G. Council

When the N.U.G. (New University Government) was instituted in 1968 it was expected that eventually a body would be formed to co-ordinate the actions of the N.U.G. student representatives. Finally in January 1973 some action was taken by the representatives towards this end. In a series of meetings, a co-ordinating committee was set up. By April this committee had drawn up the constitution for a council of all student representatives. The constitution was then ratified by the new N.U.G. council in its first official meeting.

The N.U.G. Council is not, as some believe, a rival to the Students' Associations. It acts more as a complement to them; the Students' Associations handling student services and the council representing student involvement in academic concerns. In this way the Student Associations and N.U.G. council overlap is kept to a minimum. The N.U.G. council acts as a forum. It enables students from all levels of university government, senate, faculty board, and departmental boards to exchange ideas. Results of council meetings will give a unified student voice on academic concerns. The council tries to promote student involvement by insisting that the university give more responsible positions to students. The council nominates students to positions on many senate committees such as: Academic Planning, Bookstore, Library, Budget Review, Continuing Education and Examination Timetabling. These students act on behalf of all students by voluntarily reporting their actions to the council when then makes suggestions and comments as to further action.

Besides concerning itself with continuing academic matters the council hopes to be able to aid the individual student with his problems. The council can tell you who to see to solve a problem or it may try to solve the problem itself. The council will aid individual students in the areas of Exam and Course timetabling, Course content, academic regulations and the faculty-student relationship.

The N.U.G. council exists but it must be used by the students if its existence is to have any value. Come to the N.U.G. council with your problems and suggestions on academic affairs or on how N.U.G. is working. We promise to listen and to get to work on your ideas immediately.

Nutrition

Thanks To Ruth Salmon
and "The Diet Dispensary"

Reasons For Eating:

1. For energy! Energy is needed for work, leisure and for body functions.
2. For body maintenance! Food is needed for growth and also for any repair that has to be done to the body.
3. For satisfaction! Food keeps our stomach happy. It tastes good. It puts us in a better mood.

What Is Contained In Food That Keeps Us Healthy

Nutrients, or in other words, anything found in food that is needed for growth, upkeep, repair and general health of the body. These nutrients are Proteins, Fats, Carbohydrates, Vitamins, Minerals, Water, Cellulose.

1) Proteins:

They are essential to life as every cell in our body must contain them. Basically, they are needed for growth and repair of the body, but they also help the body fight disease and provide energy.

There are two types of proteins: Complete proteins and incomplete proteins. This is because proteins are made up of amino acids and only those proteins that have the eight important amino acids are considered complete. Everybody needs a certain amount of complete protein foods each day. One can get these complete proteins from meat, fish, poultry, eggs, milk and cheese; wheat germ and soybeans (These, however must be eaten in too large quantities to equal a serving of meat in protein). By combining foods that contain incomplete protein such as lentils, nuts, dried peas and beans and cereals, one can get complete protein, or another way is to combine incomplete protein foods with complete protein foods all in the same meal. One example of this is the combination of oatmeal which has incomplete proteins with milk which has complete proteins. From this combination, one gets not only the complete proteins from the milk but the incomplete proteins in the oatmeal are made complete in the body by the missing amino acids provided by the milk.

Young growing children, pregnant women and nursing women need more protein than anyone else because they are growing, but old people also need a lot of protein to repair any damage done to the body by day to day living.

2) Fats:

These are needed for energy and warmth. They also support the body organs and protect them from injury. Fats carry and store some important vitamins such as vitamins A, D, E, K. Fats are either solid or liquid in the form of oils. They are present in many foods. Fats are stored in the body and provide an emergency food supply.

3) Carbohydrates:

They also are needed for energy. Carbohydrates supply much energy to the brain. There are two types of Carbohydrates. Starch: such as grains and products made from grains (i.e. cereals, flour, pastas) Starches also provide protein. Sugar: Sweets such as white and brown sugar, corn syrup, soft drinks, candies. These do not provide protein. They are added to other foods to make them more palatable. However, they do have a very bad effect on the teeth and also decrease the appetite for better foods.

4) Vitamins:

These help the body utilize all the other nutrients in the food in the best possible way. Having all the necessary vitamins is a definite step towards good health. There are many kinds of vitamins and they are all important for different reactions in the body. Basically, there are two types: Those that can be stored in the body; they are fat soluble and are vitamins A, D, E, K. Those that are water soluble, cannot be stored in the body and therefore must be supplied to the body everyday. They are vitamins B and C.

Vitamin A: This vitamin helps in keeping good eyesight and also protects the ears, nose and throat, lungs and bladder from infections. Vitamin A is found mostly in dark yellow foods such as squash, carrots, peaches, pumpkin, apricots, cantaloupe and prunes, in dark green vegetables such as spinach, broccoli, chard and asparagus, in cheese, liver and butter. It is present in whole milk but not skim milk. Skim milk should not be abandoned for this reason; There are plenty of available sources of vitamin A other than milk.

Vitamin D: This vitamin is essential for the growth and upkeep of bones and teeth. It is necessary at all ages, but most important for children and teenagers who are growing.

Vitamin D comes from the sun and those people who are in the sun a lot usually get plenty of it in the summer. Because the winter sun does not reach us too well, and because many people are indoors most of the day, Vitamin D has been added to milk. Except skim milk.

It is a good idea to take fish liver oil capsules in the winter when the sun is not very strong, or if one does not drink milk.

Vitamin E: This vitamin helps to best use the other foods in the body especially vitamin A which it protects from destruction by oxygen. It apparently aids in the healing of burns and prevents scars, and protects the body from insect sprays and other poisons that have remained on fruits and vegetables. — not everyone agrees with this.

Vitamin E is found in meat, nuts, vegetable oils, wheat germ, leafy vegetables, whole grains.

Vitamin K: This is a very important vitamin as it is needed in blood clotting, should you have a tendency to bleed or suffer from injury. Vitamin K is found in liver, egg yolk, cabbage, soy oil and cauliflower.

Vitamins B: There are about 14 types of B vitamins, all of which have different functions in the body. Generally, however, they affect the nervous system, the heart, the skin, growth and appetite and the ability of the body to use nutrients from food.

Here is a list of the B vitamins and some of the most important functions they serve in the body.

All cells have equal need of the B vitamins. If they are not supplied, overall damage will result.

The best sources of all the B vitamins are: liver, kidney, soyflour, Brewer's yeast, wheat germ and milk.

Vitamin B I (Thiamine): Found in meat (ESPECIALLY PORK), fish, poultry, eggs, whole grain cereals and breads, dried peas and beans and wheat germ. It is necessary for a good appetite and for the body to utilize carbohydrates.

vitamin B2 (Riboflavin): Found in milk, cheese, liver, fish, poultry, eggs and whole grains. It helps the body to utilize other food. It is good for the eyes and skin.

Vitamin B3 (Niacin): Found in lean meats, fish and poultry, milk, whole grains, wheat germ, Brewer's yeast, nuts and eggs. It is necessary for growth and normal functioning of the skin and the digestive tract.

Biotin: Found in liver, eggs, milk and Brewer's yeast. Needed for growth and the utilization of other foods.

Cholin: Found in liver, brain, egg yolk, whole grains, legumes, Needed for nerve function and utilization of fat.

Folic Acid: Found in glandular meat (liver, kidney, brain, tongue) Brewer's yeast and green leafy vegetables. It is involved in many body processes. It is usually plentiful in a balanced diet.

Pathotenic Acid: Found in liver, kidney, Brewer's yeast, wheat germ, milk, whole grains and legumes. Needed for the utilization of sugar and fat and to help the body fight disease.

Vitamin B6 (Pyridoxin): Found in animal and vegetable sources, mostly in liver, ham, lima beans and corn. Needed in the utilization of other food.

Vitamin B12: Essential for normal functioning of all cells. It is predominant in foods of animal origin such as eggs, cheese, milk and most meats.

Antistress Vitamins: 3 of the B vitamins are called antistress vitamins. They are very important in times of stress due to drugs, surgery, psychological upsets etc.

Para Amino Benzoic Acid: Usually well supplied in a balanced diet. Needed for skin.

Inositol: Usually well supplied in a balanced diet. Has an effect in many functions of the body.

Vegetables:

Some nutritious vegetables to try are: soybean sprouts, peas, onions, brussel sprouts, broccoli, kale, collards, mushrooms, asparagus, artichoke, cauliflower, spinach, turnip greens, mung bean sprouts, beet greens, okra, mustard greens, chard, potatoes, squash, beets, carrots, tomatoes, lettuce, green peppers, cabbage, dandelion greens, parsnips, eggplant, yams, and turnips.

Vegetables are good sources of all minerals and vitamins A and C. The cellulose found in their skin helps regulate bowel habits and prevent constipation. There are many ways to cook them in order to preserve all the nutrients. The most important thing to remember is to treat them with care.

What to look for when buying vegetables:

1. If possible, buy them fresh the same day. If this is not possible, keep them fresh in the refrigerator. Many of the vitamins are destroyed by exposure to heat and oxygen.
2. Fresh vegetables are usually cheaper and far more nutritious (when they are in season) than either frozen or canned. Frozen vegetables are preferable to canned.
3. As a general rule, let colour be your guide—the deeper the green, the more the vitamin A, the deeper the yellow, the more the Vitamin A. There are some exceptions to this however—corn is one.
4. Pick vegetables carefully—always look for the freshest.

Storing vegetables:

1. If they need to be washed, do so with cold water and dry them thoroughly. Keep them stored in the refrigerator.
2. Do not allow vegetables to soak in water as all the vitamins will dissolve into it.

Cooking vegetables:

1. The more peeling, cutting, mashing, the greater the loss of vitamins and minerals. Use a sharp knife for cutting. Chop vegetables just before cooking them.
2. It is always better to keep the skin on as this creates a barrier and allows less leakage of nutrients into the water.
3. The best way to cook vegetables is to steam them. You need a pan with a lid that fits. Pour about half an inch of water into a pan and bring it to a boil. Then add whole or chopped vegetables and quickly place the lid on the pan. The heat should be turned down to simmer. The vegetables will be cooked in just a few minutes. The small amount of water left in the pan can be eaten with them, or can be saved to add to soups and gravies. You should also save the water from canned vegetables for use in soups and gravies. Keep a jar in the refrigerator for vegetable water.
4. Eat cooked vegetables right away.
5. Cook only the amount required as re-cooking vegetables is really destructive.
6. Try not to choose recipes that demand a second

cooking time for vegetables.

7. Frozen vegetables should be put on to cook when they are still frozen.
8. Avoid oversalting your food once it is cooked.
9. Vegetables taste good with each other. Don't be afraid to combine many different kinds. Just remember which ones take longer to cook and add them first. Vegetables such as turnips, carrots, parsnips a squash take longer to cook.

Buying Food

PLANNING AHEAD SAVES MONEY

1. Decide what you want to fix for your family (or yourself) for the next few days. Plan meals ahead!
2. Check through the cupboards and refrigerator to see what food you already have.
3. Check ads in the newspaper on Wednesday night to find out the specials and good buys for the week.
4. Write down all the foods you need and can buy at this time. Don't wait until you get to the store to try to think of what you need.

BEWARE OF MONEY TRAPS

1. Don't buy non-food products, such as toilet paper, towel papers, cleaning fluids in a grocery store. They are cheaper in discount stores such as Big Buds, drug stores like Super-Save, Thrifty.
2. Don't pay extra for products with premiums.
3. Watch out for traps such as fancy, colourful packaging. Compare prices—don't buy colours.
4. Larger sizes are usually a better buy than smaller sizes. (But make sure it is a product that won't spoil quickly.) Buy in bulk things such as peanut butter, rice, rolled oats, sugar, coffee, tea, noodles, etc.
5. Don't reach for the items closest to you on the shelf. Check to make sure you can't find a cheaper brand or a more economical size on another shelf. Many stores put the most expensive items in the handiest places, knowing that people don't like to bend down and search.
6. Larger stores are usually less expensive than small corner stores.

WAYS TO SAVE ON FOOD

1. Buy skim milk powder and 2 percent instead of whole fresh milk. It is just as nutritious.
2. Buy cheaper, less tender cuts of meat. It is just as nutritious as the more expensive cuts, but should be cooked longer at low temperatures.
3. Eat less meat. Combine smaller portions with rice or noodles. Substitute other high protein foods such as eggs, cheese, beans, peanut butter.
4. Buy choice or standard canned goods rather than fancy.
5. Buy Grade B eggs if available.
6. Don't weigh food while in bags—remember bags weigh something too.
7. With perishable foods, buy only as much as you can store in your freezer or refrigerator.
8. Freeze meat in meal sizes.
9. Cook only enough for one meal—try not to have leftovers. If you do have leftovers, they can be frozen and eaten later.
10. Freeze $\frac{1}{2}$ loaf of bread if a loaf lasts you longer than 5 days.

11. Buy fresh fruits and vegetables when they are in season.

A FEW MORE SUGGESTIONS

1. Don't shop on days when welfare checks come out. Plan your meals so you can wait a few days.
2. Shop when the stores are least crowded.
3. Eat before you go shopping—don't shop on an empty stomach.
4. Do your own shopping—don't phone.
5. Shop with a friend.
6. Relax and enjoy a trip to the store—don't make it a chore.

Vitamin C: This vitamin helps to prevent infections; heal wounds and broken bones; strengthen blood vessels, bones and teeth; and rid the body of various poisons. It also relieves some type of stress. It is found in oranges, lemons, grapefruits, rose hips, strawberries, broccoli, potatoes, tomatoes (vine ripened), green peppers, cantaloupes, cabbage, Brussel sprouts, and vitaminized apple juice.

5A) Minerals: It is impossible to write generally about minerals as they are so different. The major ones are Calcium, Iron, Magnesium, Phosphorus, Fluoride, Iodine, Potassium, Chlorine and Sodium. Most of these are easy to get in a balanced diet, yet it is not uncommon to find deficiencies of Calcium and Iron; and in certain geographic areas, deficiencies in Fluoride and Iodine.

Calcium: Needed for the building of bones and teeth. It is found in dairy products, green leafy vegetables and in smaller quantities in many other foods.

Iron: carries oxygen in the blood and is therefore necessary for energy. This is because all the cells in the body must get oxygen in order to function. It is found in whole grains, wheat germ, red meat, prunes, raisins and molasses, Brewer's yeast, egg yolk and in smaller quantities in many other vegetables and fruits.

Magnesium: Makes up part of all soft tissues and bones. It is found in meat, nuts, soybeans and green leafy vegetables, provided you keep the cooking water. It is essential for the absorption of Calcium

Phosphorus: needed, along with Calcium for building up bones and teeth. It is easy to get plenty of phosphorus. It is found in meat, cereals, milk, eggs, and many other foods.

Fluoride: Needed to fight tooth decay. It is also part of the bone and teeth structure. In areas where it is lacking, the only way to get it is by having the water supply treated with it.

Iodine: Necessary in order for the thyroid gland (which has an influence on many of the body's activities) to function properly. It is found in seafoods and in iodized salt. This is why you should always use iodized salt.

Potassium and Sodium: Important as they regulate the amount of water in your body. They balance all of the body fluids. They are usually plentiful in a normal balanced diet. They can be found in most fruits and vegetables, whole grains, nuts and meats.

Chlorine: Works with Potassium and Sodium. Obtained from table salt, cheese and ham.

6) Water: 70 percent of the body weight is accounted for by fluids of which water is the main constituents. It is very important to life. A person can survive without food for a long time, but without water, a person could die in a few days. A healthy person cannot drink too much water. Water helps make up the blood and since blood carries most of the nutrients to the body, and removes wastes, its water content must be kept up. Water makes up a great part of the digestive juices which are necessary for breaking down food and utilizing it in the body. The fluids in joints such as the knee or elbow is in large part water. Water helps keep the body temperature normal.

Drinking water often contains some of the minerals needed by the body. Water is also formed in the body from foods or liquids that you eat. From all this, it is evident that water is important. You are probably getting enough water if you drink whenever you are thirsty, the amount needed being equivalent to the amount excreted.

7) Cellulose: (also called fibre, bulk or roughage) Found in foods such as whole grains, dried fruits, legumes, seedy fruits, fruits and vegetables with peels and coarse fibered vegetables. A certain amount of it is needed to keep our intestines healthy. Because cellulose is undigestible, it forms stools and helps regulate the bowel movements. If you find that you are always constipated, you should increase the bulk intake in your diet before taking any laxatives.

5B) Trace Minerals: Other minerals such as Cobalt, Copper, Zinc, Manganese, Chromium and Sulphur are needed in very minute amounts by the body; that's why they are called trace minerals. If you eat a variety of foods such as dairy products, meat, fruits, vegetables, grains, nuts, legumes and eggs, you are probably obtaining enough of these minerals. Powdered seaweed (Kelp) is also a good source of all these minerals. Even in small quantities, they have an effect on the growth and development of the body.

Nutrition Hints

1. Fresh vegetables, when in season, are usually preferable to frozen or canned. Frozen vegetables are preferable to canned in terms of nutritional value.
2. Save the water from canned vegetables and use it in soups and gravies. It contains a great deal of vitamins from the vegetables.
3. As a general rule, let colour be a guide—the deeper the green, the more Vitamin A is to be found in vegetables. The deeper the yellow, the more the Vitamin A. For instance, spinach, asparagus, green beans are higher in Vitamin A than lettuce or celery. Yellow squash, corn, carrots are all high in Vitamin A.
4. Try to avoid prepared foods, such as frozen dinners, canned stews, instant meals. Much of the nutritious value is lost in the preparing process.
5. Use wheat germ and skim milk. They are excellent sources of protein and vitamins, and can be added to soups, meats, stews, casseroles, cakes.
6. Meat that is tender and takes less time to cook—usually cost more. Meat that takes longer to cook to make tender—usually costs less.
You can save money by buying inexpensive meats and cooking them longer at lower temperatures. They are just as nutritious and high in proteins as the expensive meats.
7. Try to eat less meat. Combine smaller portions of it with rice or enriched noodles. Substitute cheese, fish, peanut butter, poultry, eggs, dried beans, and dried peas for meat in some meals.
8. Check contents of foods before buying them. Read labels carefully! The items are listed in order of the amount inside. For instance, a can of tomato soup lists the ingredients as tomato, enriched wheat flour, sugar, salt, vegetable oil, butter and seasoning. The can will contain more tomato than wheat flour, less salt than sugar, etc.
9. Buy unsweetened and vitaminized juice—read labels!
10. Buy enriched pastas (macaroni, spaghetti, noodles, etc.). Read labels.
11. Meats which have been frozen should be eaten right away. Under no circumstances should they be refrozen.
12. Keep butter in the refrigerator and take it out an hour before a meal. This will keep it fresh longer.
13. Bake potatoes rather than boil, mash, roast, fry them. The skin holds the vitamins inside the potato.
14. Try to eat whole wheat bread and whole grain cereals rather than highly processed ones. Homecooked cereals are better than ready-made breakfast cereals. Oatmeal, granola, all-bran, shreds are all nutritious.
15. If milk is not enjoyed, eat cheese, use powdered skim milk in cooking, make puddings with milk, use milk instead of water in soups.
16. Try to make your own soup instead of having canned soup. It is a good way to use leftovers, inexpensive meats, vegetables. A bowl of homemade soup can be a meal in itself.
17. Buy margarine instead of butter. Try to buy polyunsaturated margarine. Remember to read labels.
18. Don't eat more than one egg a day or more than an average of seven a week because of the danger of high cholesterol levels.

19. Eggs should be kept refrigerated—both in the stores and at home.
20. Try to buy choice or standard brands in canned food products, rather than fancy. The main differences between them is that fancy products are superior in appearance to choice and standard, and the syrup in the fruits is higher in sugar content in the fancy brands.

POT ROAST

Select a 3 to 3½ lb. pot roast (round, chuck or rump) (If the roast has a bone, it is actually better, since you will get calcium from it by adding a little bit of vinegar or tomato juice to the cooking water) Rub the meat with flour Using a large pot:

Brown the meat on all sides. If the meat has been rubbed with flour, you won't have to use fat to brown it.

If you don't have a rack to put under the roast, don't worry about it.

Lower the heat to simmer and add:

½ cup vegetable cooking water (Water that was used to cook vegetables in may be saved in a jar in the fridge)

or 1 28 oz. can tomatoes.

and 2 onions quartered

Cover tightly and simmer until tender, about 3 hours (allow 30 to 35 minutes per pound for bone-in roast, 40 to 45 minutes for rolled roasts)

Adding water if necessary. Then add;

1½ tsp. salt

6 medium carrots, quartered length wise

4 medium potatoes, quartered.

Cover and cook for 30 minutes.

Remove from heat meat and vegetables.

If there is enough liquid left, you can make a gravy. For each cup of liquid left, mix 2 tbsp. flour and ¼ cup hot water. Stir into the simmering liquid and bring to a full boil, stirring briskly. Water that was used to cook vegetables in at another time may also be added to this gravy.

Serves 6 to 8 people.

CHICKEN LIVERS

One dollar's worth of chicken livers will feed about 4 to 6 people

Separate the livers in two sections

Using a large paper bag, put in ¼ cup flour, shake of salt and pepper, and the livers. Also a dash of chili powder. Shake the livers in the bag until they are well floured.

Brown the livers in a bit of hot oil in the frying pan. Dissolve one OXO cube in 1 cup of boiling water, and pour over browned livers. Put lid on and simmer for about 10 to 15 minutes.

While it is simmering, you can add chopped onion, fresh tomatoes (sliced) and green pepper. Serve on top of steamed rice.

Variation: Omit tomato and add sliced cooked potato. (Sweet potato if available)

Ombudsman



The Ombudsman at Carleton this year is Lance Clark and his assistant is Jame Mingay. You can find them in room 324 of Paterson Hall from about 10:00 a.m. until 5:00 p.m. during the week. If something important happens outside of office hours, Lance's phone number is posted on the office door.

The office is informal comfortable, and confidential and will try to help you with academic, landlord, legal, and administrative problems.

The Ombudsman's office is independent of any other structures in the University and as such protects no interest other than those of the students. If you get beyond your depth with a problem, visit them.

Other Institutions

Ottawa has several post-secondary institutions other than Carleton.

Ottawa University is located closer to the core of the city. It is a bilingual university about the same size as Carleton (approx. 14,000 students full and part-time).

Their programme differs from ours in several ways. They have more professional schools including law and medicine as well as a complete physical education faculty. It should be noted that Ottawa University (usually referred to as "the zoo") is more French than English in character as well as form. Library facilities are not much different from ours, however they have volumes that we don't. Carleton student I.D. cards entitle you to use their facilities.

St. Paul's University is located on Main Street is affiliated with Ottawa University for degree granting purposes. It is a Catholic University for Seminarians and has little contact with other institutions.

Algonquin College of Applied Arts and Technology has several campuses including the Old St. Pat's building on Echo Drive, a Lees Avenue Campus (not far from the first) and the Main campus on Woodroffe Avenue near Baseline Road.

Facilities there differ considerably from Ottawa University and Carleton, with the accent on prac-

ticality. Resource material can sometimes be found there that is not here.

If you are going to take courses at one or more of the other institutions in the city make sure you clear it through your department first. Some courses can be counted as credits others cannot.

Whether credits are your major concern or not it is probably worth your while to see what is offered.

Other Courses

The Office of Continuing Education runs an Extension Division which offers non-credit courses to anyone in the Ottawa community.

Extension courses include business and professional courses, as well as those in communication arts, languages, and liberal arts. Business courses include, for example, report writing, industrial organization, financial analysis, investment theory and the like. Dynamics of human behavior, laboratory in human relations, poetry workshop origins and development of modern cinema and urban studies are among some of the liberal arts courses. Fees usually range from \$45 to \$74.

There is an Extension Division handbook put out by the Office of Continuing Education on the third level of the Administration Building. For more information contact the office.

Ottawa

(from a article published by Canada's Visitors and Convention Bureau)

Welcome to Canada's Capital...Get set for a surprise!

Ottawa does't begin and end with Parliament Hill, although the Hill continues to be most visitors' single main attraction. The nation's capital is, in fact, a large and varied region of spectacular interest to everyone.

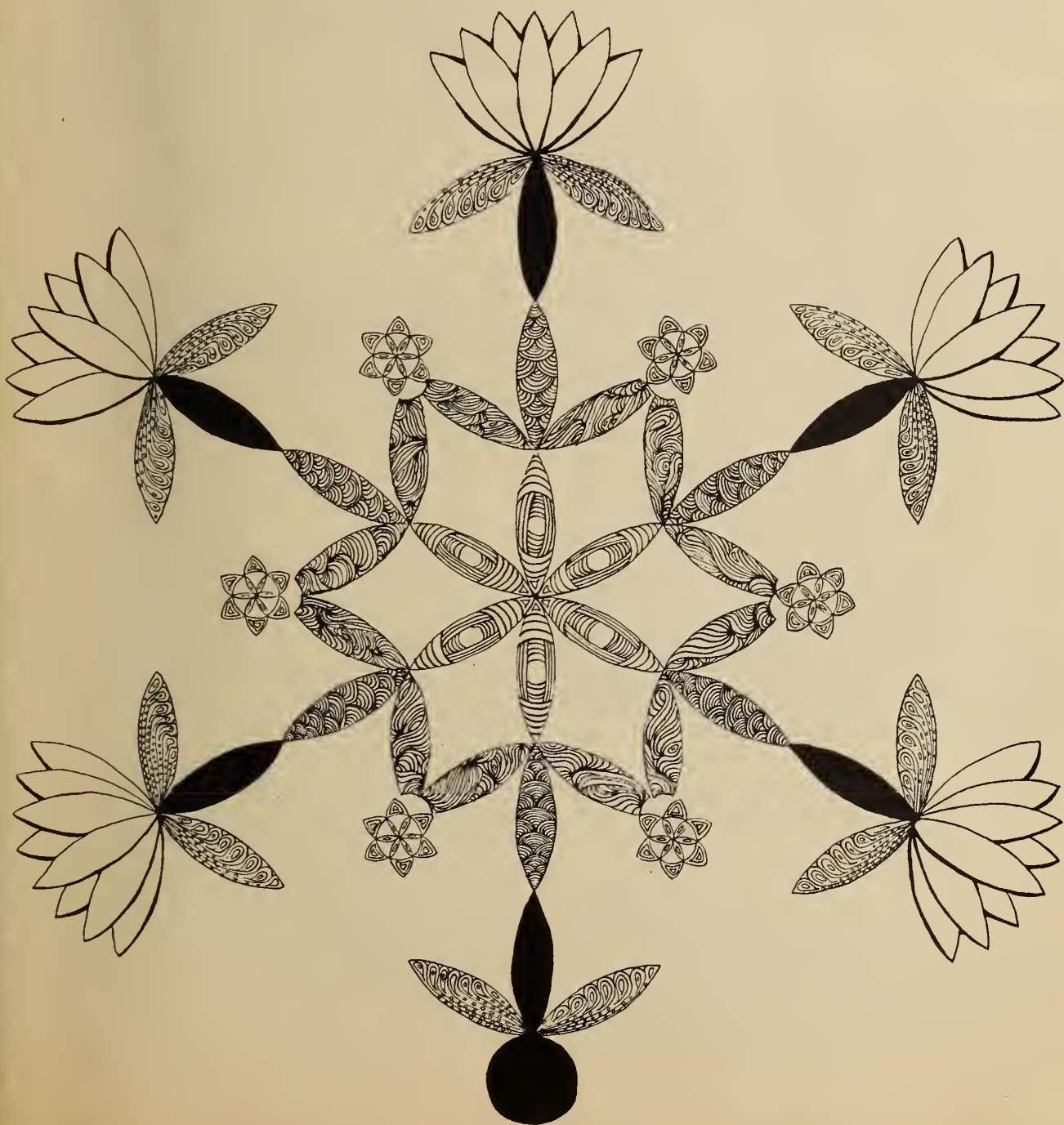
Scenery, history, culture, entertainment, sports and recreation: the unique combination of all these things make the Ottawa —Outaouais region one of North America's most complete vacation areas.

Ottawa—Outaouais? The local name for the region perfectly reflects its bilingual and bicultural character, as well as its geographical setting, since the area spans both shores of the Ottawa River and includes parts of Ontario and Quebec.

+++++++

HAVE A GOOD VACATION

(what more can you say)



Parking

There is no legal free parking on campus. One either has to buy a parking permit or park in the pay lots. Parking permits can be bought during registration, or at any other time in the Parking and Traffic Centre in the foyer of the Administration Building. Permits for full-time students range from \$28.50 to \$93 depending on the type of permit you want. Motorcycle permits are \$14.

Pay parking facilities are available in Lot No. 2
 25c - first hour 7:30 a.m. - 5:30 p.m.
 25c - additional half hour Monday - Friday
 50c - payable on entry Evening parking - after 5:30 p.m. Monday-Thursday

Parking Garage
 25c - per hour - min. 25c - max. \$1.00 per visit between 7:30 a.m. - 5:30 p.m. Monday -Friday.

Lot No. 5
 25c - per visit daily 7:30 a.m. - 11:30 p.m. Monday-Thursday

7:30 a.m. - 5:30 p.m. Friday
Fines - Parking and traffic violations are penalized by either Carleton University Traffic Offence notices or City of Ottawa Traffic Department tickets. Carleton notices range from \$3 to \$5 while City tickets are usually higher. Tow charges can be up to \$20.

Appeals - If you feel you've gotten a ticket that you shouldn't have, you can appeal to Mr. Marshal Stephens, the Administrative Officer in charge of Parking (231-3725, 6th floor Administration Building).

RULES

- 1 All Faculty, Staff, and Students using Campus parking facilities must use parking permit or pay facilities.
 - 2 You can only park where your permit indicates.
 - 3 If you become an "unauthorized" vehicle you can be towed away to the Compound area (Maintenance Building).
 - 4 To get your car back you will have to pay 15.00 to the Traffic Office.
- The Traffic Office is open from 8.30 a.m. until 5.00 p.m. You have to contact the security office (231-4360) to get your car back outside of office hours.
- 5 If you're really bad and are guilty of repeated violations your parking privileges can be revoked.
 - 6 If you don't pay the fine within 10 days the fine will be doubled. After 21 days you can have your permit suspended.
 - 7 Cars parked without a permit are liable to be ticketed by the Ottawa Police who are invited to the campus from time to time by the campus police.

Happy Motoring at Carleton.

Parks

Living in downtown Ottawa in the summertime is made more bearable by the number of parks within walking distance.

If it is possible to walk from the Arts Centre to Dows Lake only crossing one street. On the Colonel By side of the canal you can walk until the Hog's Back where you can go into Hog's Back Park.

If you own a car the Gattineau Park, which is only a brief drive from Ottawa offers walking trails, bicycles trails, lookouts, Pinks Lake, Black's Lake,



and MacKenzie King Estate and other less touristy Places. You should try to get up there during the week when you can achieve some sort of illusion unencumbered by the milling throngs.

The following list of downtown parks makes no attempt to place an aesthetic value. Some are designed for playing, others for sitting enjoying a quiet smoke.

Anglesia Square	Anglesia and Augusta
Brantwood Park ..	off Brantwood near the Rideau
Capital Park	Craig and Newton
Central Park	Clemow and Bank
Dundonald	Lyon and Mackenzie
Landsdowne Park	Bank and Holmwood
Major's Hill Park	off Mackenzie
McNabb Park	Gladstone and Percy
Minto Park	Elgin and Lewis
New Edinburgh Park	Stanley (south of Green Island)

Plouffe Park

Somerset and Preston
St. Lukes Park
Riverdale and Windsor

There are others.....browse around.

If you live on campus a short walk across the locks will take you into the Experimental Farm which has extensive spaces devoted to parks. Across the Rideau are Vincent Massey and Hog's Back parks which provides a good escape (C.P.R. sometimes get upset with people using their bridge. They have been known to press charges and stake the place out.)

If you have a bike there are many nice trails thanks to ST. Douglas.

Photo

Anyone who is interested in photography must assess their ambitions as well as their financial resources. And even then shop very carefully. A beginner should plan on spending between \$40 and \$100 on a 35mm. or 16mm. still camera. If you are really serious about photography a Pentax or Nikon camera will run you about \$300 to \$600.

Most 35mm. cameras have identical specifications and peripheral support in equipment but there is a great variation in price. If you buy cheaper brands you will only delay and spread the money you will be spending. Over a period of two or three years the repairs and maintenance costs of the cheaper equipment will surpass the cost of getting good equipment.

Second hand equipment is a good buy if you are getting a 40 per cent to 60 per cent reduction off the list price. You could also try mail order houses in Hong Kong.

On large orders (\$50 and up) in local stores you should haggle. A membership in a local photo club is an excellent lever. For equipment try Black's and for films and paper try Direct Film. Eastview Camera House also has a good selection of films and equipment.

Carleton, Ottawa U. and Algonquin all offer photo courses. At Carleton the darkroom is in room 512 Unicent re. Addresses of local photo clubs can be obtained at camera stores.

The library has a good selection of informative books on the first level.

Pharmacy

Go to a pharmacy which is under the "par-cost" program. They are supposed to give you the least expensive form of the drug you require rather than "brand name" ripoffs. The local papers contain a list of Drug Stores which are open on Sunday. Places like Shopper's City have Drug Marts which are open late from Mondays to Saturdays.

Pollution

Pollution Probe-Ottawa is a non-profit, non-political body of volunteer citizens whose collective aims are the restoration and protection of the environment. Probe was founded in October 1969 at Carleton University as a student organization to satisfy student demands for social action on environmental problems. Due to community request for Pollution Probe services, it quickly expanded from a student group into an organization involving the whole community.

To facilitate the formal education programmes, Probe has established an audio-visual and resource library at the "Eco Centre" (53, Queen Street, Ottawa) on all aspects of pollution. All of these resources are available to the public. Some free literature is available for distribution.

Pollution Probe at Carleton maintains an office in the University Centre, under Students' Association auspices. The services of Probe-Ottawa are available to students and Probe Carleton hopes that students will try to involve themselves in environmental protection activities.

For further information, please call: 231-2742.

Post Office

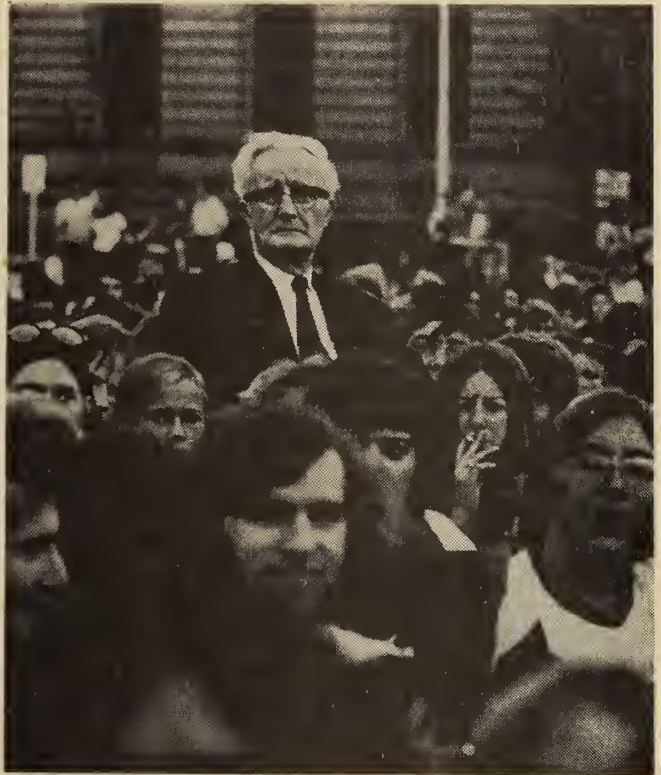
This is located in the tunnels at the intersection of Paterson Hall and the Tory Building, just to the right of the intersection behind the glass doors. They sell everything you'd expect from a Post Office. Their hours are 10:00 a.m. to 3:00 p.m.

Professors

"...a word of advice to such of my readers as may happen to be professors I am allowed to use plain English because everybody knows that I could use mathematical logic if I chose... I suggest to young professors that their first work should be written in a jargon only to be understood by the erudite few. With that behind them they can ever after say what they have to say in a language" understood of the people". In these days when our very lives are at the mercy of the professors, I cannot but think they would deserve our gratitude if they adopted my advice.

B. Russell

Portraits from Memory



Research on Campus

A publication is put out every two years by the Information Office (Rm 605 Admin building) that describes all the research done by each member of each department in the university. It also includes a list of what each professor has published recently and for some departments a list of what each professor has published recently and for some departments what the interests of each member of the department are. A new one should be out in October '73.

Recreation

The Athletic and Recreation Department offers various activities some are listed below. For further information call the Athletic and Recreation Department at 231-2646.

Tennis Instruction
Modern Dance
Swim Lessons (Beginners)
Synchronized Swimming
Squash Instruction
Yoga Classes
Fitness Club (Women)
Jui-Jitsu
Karate Instruction
Figure Skating
Folk Dancing
Fencing Club
Badminton Clubs
Women's Gymnastics

Records

The record section in the bookstore is precisely that—a record section. They rarely are current, are often lacking in stock, and the prices are not terribly good. The staff certainly are nice about returning things etc. This has prompted the Students' Association to consider going into the business, but as yet nothing definite has been done.

Around town there are sort of 5 main stores. The Treble Clef has 3 locations in town and often has specials. During the last few years however, the places have turned more in record supermarkets as the store's energies seem to be more directed to concert promotions. They have a wide selection of music.

Sherman's is located on the Mall. Their only deals seem to be big splurges on particular record labels at no particular times during the year. The store is the place to go for jazz and classical music and their staff in these 2 areas are really quite good.

Sam's of Sam the Record Man fame is situated in Lincoln Fields Shopping Centre way out in the West End. Every weekend Sam's has a special which is normally very good. He advertises in the local papers as to what the special will be. Once it was Simon and Garfunkle's greatest hits for 99 cents. The store covers the gamut in musical tastes.

K-Mart has 2 locations which are at either end of the city. They aren't really known for records and as a result usually have a good stock at pretty good prices. Every now and then they have super specials. but they don't advertise. If you're mobile it's a good place to check out now and then.

The best popular music store which often has the lowest prices in town and consistently low prices is Chateau Records in the basement of Le Chateau on Rideau Street. They deal primarily in rock, r & b, etc. but offer a couple of services in a big way that other stores only tinker with — imports and deletes. Their selection and stock are good and the store is "friendly". After a while the staff gets to know you and your tastes and can suggest records they think you'll like.

Registrar's Office

The Registrar's Office for the Faculty of Arts is in room 302 of the Administration Building, for the faculty of science in room 204. Engineering student's can find theirs in room 353 Mackenzie and if you are enrolled at St. Pat's go to room 346 of St. Patrick's College. They are the people to see if you want to increase or decrease your course load, audit a course, change courses in mid-stream, change your programme, or withdraw.

Registration

Registration is potentially the biggest screw-up ever created. It is possible to grow old in the lineups. It is also possible to fly through in less than an hour. What will happen to you will depend on the throw of the dice.

To make things simple — be ready.

Make sure you don't owe the university any money because they will stop you at square one.

Make sure you have medical coverage. That means OHIP. If you are covered through your parents, have the number. If you are not covered that way make sure you are covered on your own. Go to Health and Counselling (sixth floor University Centre).

Have all the papers you are supposed to have. Admission forms if it is your first time and so on.

By the time registration has rolled around you should have your class schedule and courses filled out. All you will need are approvals and your troubles are over. When you come to the area where fees are paid you will notice things running smoother than anywhere else. There is a reason for that and you should be able to figure it out.

One tip we can give is don't stand around waiting for help. The minute you detect a problem grab someone who looks as if he-she knows what is going on (there are a few) and ask about it.

Watch your spending. There are people all around willing to sell you memberships and things. You are most vulnerable at that point because you have already spent so much you don't care anymore.

One more thing. If you really want to take a specific course and they tell you you can't, yell and scream, roll on the floor, jump on the tables, break things until they say O.K.

There is an aspect to de-registration that every student should be aware of. Not only can you de-register yourself but the university can do it for you (usually without your consent and advice). This happens when you have not paid your fees by the date that the university sets as the last day to pay fees. This date is normally around the middle of February but the university usually moves it to the end of February.

If you have fees owing after the last date for payment of the second installment (around January), you will begin to get dunning letters from the university. They will continue until you receive the ultimate threat. De-Registration.

If you are de-registered then you are no longer considered a student and you will receive a withdrawn (WDN) for the courses you are enrolled in.

The manner by which you stop your de-registration is to approach the Business Office and pay them or tell them why you can't pay them.

Registration (continued)

Usually they will work out some arrangement with you for the payment of the fees.

Even if you have been de-registered not all is lost. If for some reason you are de-registered than you may apply for reinstatement to the university. Usually just the fact that you apply for reinstatement is enough to grant you status again as a student.

If you have any problems in this area there are a number of people and places to help you from being de-registered or to help you be reinstated.

The first place you should approach is the Business Office. Failing that the best place to get help is from the Dean of Student Services office or from the Student Ombudsman. No matter what your personal financial situation is or what it is with the university you can always be a student.

Rules and Regulations

There is a jungle of rules and regulations governing just about every aspect of student life on campus. To complicate matters there is no one source or book or code to which people can turn. Most administrative regulations are dealt with in more specific form under the appropriate sections of this book. This section will deal primarily with the 'how to find out's' especially with respect to the maze called academia.

It is important to note, however, that regarding rules and conduct or deporture a student is viewed in no different light than any other person in society. Consequently someone who steals a book from the bookstore or tears the pub apart is liable for prosecution which means the police, courts, records etc. As the university is private property the administration is entitled to do a lot of things such as banning people from buildings or campus, towing cars and so on. When you sign your contract at registration you are recognizing their authority and are promising to play by their rules.

The tone of this article should not be construed to be saying that a war exists or that the administration carries a big stick. In fact the situation is probably a lot better than you realize and in most instances the system is flexible, allows for appeal procedures and usually is sensitive to the plight of students. Well not always, you see there is this thing called academia.

Being a student when rules and regulations are involved is analogous to being a licensed driver. Because you're doing it the system assumes that you know all the laws. You cannot get off the hook by feigning ignorance. If you miss the last date for dropping courses the system will not reconsider on the grounds that you didn't know. They'll tell you that it's in the calendar along with all the other important dates.

A lot of information is in the calendar if you can find it. In fact it's the closest thing we have to a bible. But rules change. You can keep abreast of the changes by reading This Week Times Two or you can contact the people who specialize in interpreting rules and regulations. They are called the assistant registrars.

Arts — Room 302 Administration Bldg., Don Johnson, 231-5572.

Engineering — Room 353, Mackenzie Bldg., Jerry Matthews, 231-6664.

Science — Room 204 Administration Bldg., Ruth Richards, 231-5571.

For those people registered in Institutes or Schools contact the Director's office as listed under Academic Advice.

These people are part of the administration machine responsible for keeping the records on you straight. So if you are withdrawing, changing or dropping courses, changing faculties, moving or whatever, the process usually begins at the faculty registrar's office where you will be supplied with the appropriate form.

The assistant registrars are usually secretaries to what is called the Committee on Admissions and Studies. Each faculty has one. This body deals with written appeals from students who are either requesting something or who are appealing a decision which has been made at a lower level. The Committee considers requests ranging from being excused from exams, to accepting credits from another university to dealing with cases of students who feel they have gotten the shaft from their instructors. It is an extremely important group. Before you make representation to them make sure you talk to the assistant registrar. He will have a pretty good idea of what your chances are with the committee or could solve the problem for you. However if you are not satisfied by his response by all means appeal to the committee and include all the facts as you know them. Inevitably the committee will consult faculty so that the more support you have there the better.

Eventually you will be majoring or honouring in a discipline. Here each department has its own rules and its own advisors. The rules are usually printed in the calendar but as the advisor will to O.K. your programme you might as well go see him.

This brings up a subject of some delicacy. If you talk to an assistant registrar or a majors or honours adviser you will be listening to a programmed response from the system. That's what they are there for and serve a useful purpose. You will likely not hear them say that if you go into honours you'll have a wider selection of courses to choose from and that at the end of three years should you decide that you don't want to do honours that you can still graduate. These kinds of loopholes can be heard only from people who are familiar with the system but who are not in it over their necks. These people are the Office of the Dean of Student Services and the Ombudsman and they are good people to talk to anytime.

There is only one area where no one seems to be able to get a foothold and it's probably the one that means the most to you—marks. This seems to be the private domain of the instructor and it's between you and him to try to resolve hassles. You can request to have your final exam re-read for a fee. You can write a special examination to try to raise your mark. You can appeal to the Committee on Admissions and Studies if you believe that your instructor had a private thing about you. But no amount of influence can change a Prof's mind if he's determined. This is probably the only instance where you'll have to go it on your own.

No one article can decipher all the rules and regulations for you. In the final analysis you will have to go to find out about them. This article was simply an attempt to show you how.

Sightseeing

There are lots of things to see in Ottawa. Many of them are dull and uninteresting. I really don't know very much about them as I've lived in Ottawa for a long time.

- 1 Supreme Court — guided tours in July and August.
- 2 War Museum, 330 Sussex Drive — find out how we kill people. Daily in summer. Tuesday - Saturday Sept. to May.
- 3 National Ski Museum, 457A Sussex Drive—skiing artifacts from 200 years ago to the present.
- 4 Sparks Street Mall — musicians, fanatics, drunks, stores and pseudo-porn movies.
- 5 By Ward Market — a great place for browsing.
- 6 National Gallery, Elgin & Slater — paintings and sculptures and arty stuff. Closed Mondays. Open 10 - 6 Wednesday and Friday; Open 10 - 10 Tuesday and Thursday; Open 2 - 6 Sunday and holidays.
- 7 N.A.C. — for informaion call 996-5051.
- 8 National Museum of Science & Technology — open Tuesday - Sunday 9 to 9. A technocrats paradise but doesn't even approach the Ontario Science Centre.
- 9 Rockcliffe Park — where the rich elite live. You can see lots of immense houses inhabited mostly by diplomats, politicians, doctors and others who live off people who can't afford to live there.
- 10 Dominion Observatory — open to public from April through October. In winter group tours can be arranged. For information call 994-5474.

Skiing



Cross-country skiing has been around for 5000 years. The only faster way to get around on snow is on a snowmobile. But skiing allows you much more freedom. It is a safe, natural sport which anyone can learn easily.

You don't have to line up for tows. Your life isn't in constant peril on an overcrowded slope and it's much cheaper than mechanized sking.

You need skiis, boots, poles and bindings. You don't need special clothing just dress warmly without overbundling. For as little as \$50.00 you can totally outfit yourself more than adequately.

If you are totally beond salvation you can indulge in downhill skiing at Camp Fortune, Edelweiss, Mont. Ste. Marie, Vorlage, Calabogie. For novices Carlington Park is safe and cheap.

In December the N.C.C. will have maps showing the cross country trails.

Second Hand Stores

Books—

- Arthur's Placè — 313 Bank, 232-2609.
Book Bargains — 147 Bank, 236-1690; 179 Rideau 236-0955; 374 Bank, 236-2215.
Hugh's Basement Book Shop — 14 Metcalfe, 234-0252.
Ottawa Bookhunter — 781½ Bank, 233-3496.
Ottawa Neighbourhood Services — 987 Wellington, 728-3737.
Tim's Book Store — 1138 Bank, 232-5538.
Ye Market Bookshop — 97 Clarence, 235-6650.

Clothes furniture—

- Herkell House — 985 Pinecrest, 828-0428.
Lencore the nearly-new shop — 375 St. Laurent, 749-9905.
Holy Cross — 685 Walkley Rod.
Marg and Peter's Store — 395 Gladstone.
May Court Bargain Box — 231 Laurier, 235-0333.
Nearly New Shop — 36 Rosemont.
Neighbourhood Services — 987 Wellington.
Pestalozzi Free Store.
Salvation Army (family Thrift) — 171 George St., 232-1538.
St. Basil's Church — 940 Rex Ave.
Seventh Day Adventist Emergency Services — 7 Richmond Rd., 729-7026.
Societe St. Vincent de Paul — 102 Eddy St.-Hull 776-1068; 145A Murray St. 225-8255.
Stephanie's — corner Gladstone and Lyon.
The Community Shop (in St. John's Anglican Church) — 154 Somerset W., 232-4500.
Union of People — 526 Wellington, 234-3782.
Others are listed in the Yellow pages.

Smoking

Warning: The Department of National Health and Welfare advises that danger to health increases with amount smoked.

Speaker's Bureau

This agency on the campus has undergone some changes in the last while and now seems to be taking form. In the past Student Services, the University Centre and the Students' Association all brought in speakers and worried little about the other's programme. This year all three have come together, pooled their resources and are attempting to present interesting speakers in a logical pattern.

The result will be several noon hour speaker sessions, usually on Wednesdays.

Anyone with suggestions should forward them either to Bob Perron 326 Paterson Hall or Larry Malloy - 508 Unicentre.

Watch the Charlatan, the Tunnel Walls and listen to Radio Carleton for dates, locations and times.

Students Association

Students enrolled at Carleton are members of the Student's Association. It proports to be a student union which functions as a lobby presenting the student point of view within the University and in the outside world. It also organizes and operates many projects and activities involving students and is responsible for the operation of the Unicentre.

The Association is financed by a tithe which is levied on both full and part-time students. Full-time people pay \$21.00 a year while part-time pay \$4.50 for each course they take. The Student's Association thus ends up with about \$250,000.00 as a budget over a winter term.

The people who decide where this money is to go are the 26 members of Student's Council. They are politicians elected annually by those of the student body who decide to vote. (WARNING: IF YOU DECIDE NOT TO VOTE YOU WILL BE CALLED APATHETIC). The Council is based on a "rep-by-pop" by faculty basis with other special groups also being represented. A seven person executive handles the daily affairs of the Association. You elect the President, and the Finance Commissioner, the rest are appointed. Here's this years lineup

PresidentAnn Frazer
Finance CommissionerBryan Thompson
Centre Liaison OfficerJohn Huneault
Vice-President — InternalMarkie Cochran
ExternalGary Furlong
Services.....John Burns (Programmes)
ServicesJohn Bryant (Research)

Council meetings are held every 7-14 days and are open to students. If you have a complaint, suggestion, or compliment these meetings will provide you with a forum. You can also go to the Council offices and talk privately with a member of the executive.

Student Services

Office of the Dean

This office is responsible for every aspect of student life on campus. It deals as well with the day to day operations of the various departments of student services:

Athletics and Recreation
Awards
Counselling and Health
Housing and Food
Overseas Students' Adviser
Placement

Ombudsman (in conjunction with the Students' Association)

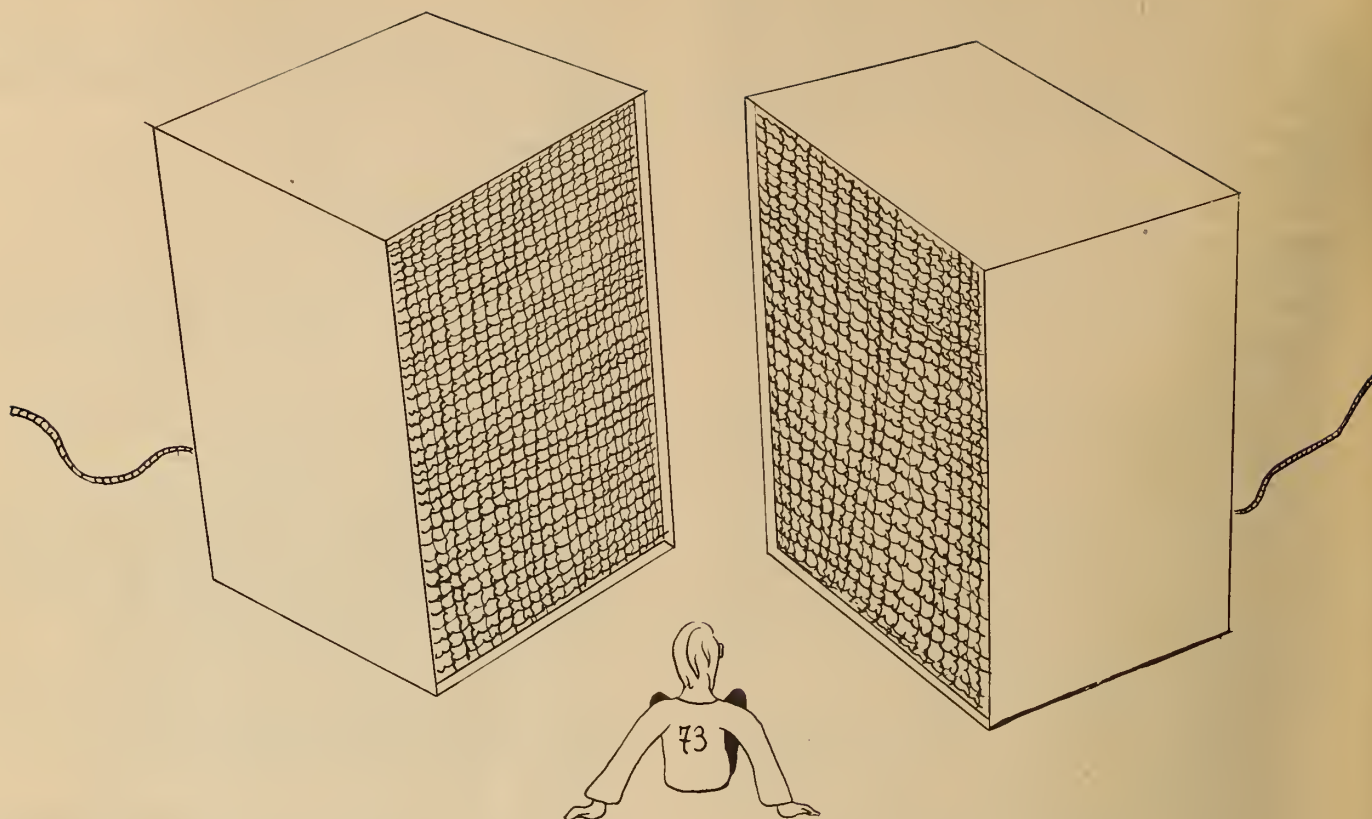
Information on the above is noted under the appropriate sections of this book.

The office acts as a liaison between students and the university and makes recommendations to the university on the quality of student life. The office has counselling responsibilities encompassing academic, administrative and personal problems and acts as a residual ombudsman to ensure that students have been dealt with fairly by the system.

They are involved in research, publications and cultural affairs in addition to a number of special projects and programs dealing with a wide variety of areas of interest to the community as a whole.

This is a good place to go if you need advice or have a problem. The Dean is Norm Fenn and his dog's name is Chimo. The Assistant Dean is Bob Nixon and he has two pussycats Stinky and Scooter Mouse.

Stereos



Stereos

Looking for a sound system can be schizophrenic. You know nothing about it, everybody you meet tells you something different, you are continually confronted with foreign terminology and you're afraid to move lest you regret your decision.

I have had a stereo addiction for what seems like two lifetimes. At present I own a \$4500.00 system and don't have a tape recorder or a tuner. I'm part of a network of similar addicts which spreads across North America. There is only one area of universal agreement which can be passed on to you — it's between you and your ears.

It may seem absurd but what this article is about, is telling you to listen to no-one and to read nothing. Then why this article? I would like very much to be able to prove this to you. I think it's necessary as well to explain what a sound system is and what it should be. Some old wife's tales can be cleared up and a few shopping hints given.

It's between you and your Ears

If I were to list the equipment I've owned or tried out or heard, it would take two pages. There are 4 speaker systems which are 'recognized' as being the best and there are 4 guys in Ottawa who own them. Each one claims his system is the best. Often these guys are found in each other's homes involved in a psyche-out game that would welt the Cincinnati Kid in 5 minutes. "Just came over to see if your system is

still working." "How are your boom boxes?" etc. After this salutation the system is turned on as if by some unwritten law. At this juncture I have a distinct psychological advantage - every light in the house dims when I turn mine on - you know something is going to happen. The sound comes on and you know it's good, but there's no way you'll let him know. You look either totally disinterested or feign pain and slide in an overture about how you heard from so and so that the maker of the speakers you're listening to has

A modified them

B discontinued them - or

C folded - and so it goes.

There are differences, noticeably heard differences between speakers. The old and boring 'which is better Advent or Dynaco' argument still has merit, but the difference is not only in the speaker it's in the listener. It is primarily how you interpret the sound of a trumpet and in the speaker's ability to offer you what you consider to be the correct interpretation.

Let's carry on. A friend of mine has a pair of speakers which I had before I bought the present system. It's good, really good but as far as I'm concerned it doesn't come close to what I have now. He thinks I'm crazy and insists his is better. He continually throws on 'Also Sprach Zarathustra' the theme to 2001. The opening note on the London record version is a 20HZ organ note. It is as yet the lowest note which has been produced on a record. When it comes over his system the windows shake. When the tympani comes in a flower vase bounces up and down

It's between you and your Ears

(Continued)

on the mantelpiece in time to the strokes. When it's all over I run out to see if the foundation has cracked and he puts another fan on his amplifier. He then looks at me with a confident grin and announces that my system doesn't have a bottom end like his. This is absolutely correct. However, I have never been at any concert, classical or rock, where I've found myself being bounced out of the chair by bottom end.

The sound different speaker's reproduce is different.

However, what you are listening to is your interpretation of the sound of the speaker.

The basis for your interpretation is dependant on your interpretation of how the real thing sounds.

If you don't have this basis you cannot adequately evaluate a speaker's performance.

If this is accepted then you can appreciate why the 4 guys with the 4 best speakers each thinks his is the best and thinks the others inferior. By the same token this would explain why my friend loves his system and why I sold it.

It's between you and your ears.

What is a Sound System

This section is designed for those of you who are thinking of getting into sound systems. Each piece of equipment described can make a sonic difference in your system. This is especially true once you get into the more 'sophisticated' systems. Generally on a system costing below \$700.00 the differences are not as apparent, but it is worth knowing what they are there for.

- **Record** - While I appreciate that you know what it is, the record is where it all begins. Records have V shaped grooves. Each side of the groove has bumps and undulations.

- **Stylus - Cartridge** - The stylus or 'needle' follows the grooves and the information is transmitted to the cartridge or 'pick-up'. The stylus and cartridge appear to be one unit and are designed for one another. The stylus, however, can usually be removed by the user.

There are 2 basic types of styli - conical and elliptical and these names describe their shape. You will find that an elliptical stylus can be 'tracked' at a lighter weight than a conical. This does not mean that a conical stylus destroys records as it actually distributes pressure more evenly over a greater surface area.

There are many types of cartridges ranging from the old ceramic to the moving coil. Each has minor advantages and disadvantages. When you buy a cartridge it will have a stylus. Styli wear out more quickly than cartridges so that when you replace yours make certain you do so with one designed for your cartridge.

- **Tone Arm** - The job of a tone arm is simply to support the cartridge in a correct horizontal and vertical relationship to the record. Tone arms usually

have adjustments for tracking force, which is the weight at which the cartridge will track on the surface of the record and an antiskating device which ensures that the stylus does not lean on a particular side of the groove wall more than on the other.

- **Turntable** - The turntable supports and turns the record at a constant speed.

- **Record Player** - A record player incorporates the turntable and tone arm and not the cartridge and stylus. There are two types - manual and automatic. The Manual record player allows you to play only one record at a time and means that you must lift the tone arm onto the record manually. The automatic record player allows you to stack a number of records on a spindle and with the touch of the appropriate button will automatically play them for you. Most record players have cueing devices which enable you to either lift off or set down the tone arm in the middle of a record. This is very handy if you have a tendency to shake.

- **Pre Amplifier** - This unit serves as the control centre for the sound system. Each other piece of the system is normally plugged into it and it delivers your wishes to the system. Simple functions such as turning the system on and off and controlling the volume are part of its job. It also enables you to use other sources such as tape recorders or tuners, in whatever mode you wish - stereo or mono. You can balance the sound emanating from each speaker with a preamplifier or use more than 1 pair of speakers. Some preamplifiers enable the user to filter out very low or very high passages or mute the whole sound. You can add more high end or bottom end if you wish. It is a workhorse and a servant to your wishes.

Amplifier - The amplifier transforms weak electrical signals from the preamplifier to the high power levels required by the speakers. It is simply a power source. There are two types of amplifiers - basic and integrated. A basic amplifier is a power source only. The most common amplifier is the integrated amplifier which incorporates the preamplifier and amplifier into one unit.

Tuner - This is a stereo radio. A tuner allows you to tune into an FM station which is transmitting in stereo and listen to the source on your sound system in presumably better fidelity than you are normally accustomed to hearing. Some tuners have only an FM band but most carry both AM and FM.

Receiver - This unit is the most popular as it incorporates a preamplifier, amplifier and tuner into one piece of equipment.

Tape Recorder - A tape recorder is able to record from a variety of sources - your turntable, tuner or from another tape recorder. There are three types of tape recorders. The usually more expensive 'reel to reel' allows the user more flexibility in editing and in choosing the speed of the recording. The cheaper 'cassette' tape recorder offers compactness, less flexibility and comes in predetermined duration times. Both the reel to reel and cassette recorders enable the user to record as well as playback programme material, although some cassettes are designed only to play back. The 8 track tape machine is usually more rugged than cassettes and for this reason is ideal for use in cars. Most often it is designed

What is a Sound System

(Continued)

to play back only, however some 8 track recorders are available.

Speakers — You can put a \$1000.00 worth of equipment into a \$100.00 pair of speakers and the result will sound like a \$100.00 pair of speakers. There are more types of speakers than imaginable. Some are 6 feet high, some are less than an inch thick, but everyone is what will determine the basic quality of your system.

Most speakers are sold as systems in which one or several drivers are supplied in an enclosure together with related components such as a crossover. Most speakers are two or three way systems. A typical 3 way system houses: a woofer which handles the low sonic end such as a bass guitar — a midrange which reproduces the fundamental notes of voice and most instruments — and a tweeter which is responsible for reproducing the higher sounds and the harmonics of the midrange. The crossover regulates which driver will be used. A two way system eliminates the midrange and allows a wider range for the woofer to cover. The number of drivers is not necessarily an indication of quality.

What a Sound System Should Be

A sound system can be a source of continued pleasure or a truly rotten experience. The stuff that sounded so spectacular in the store can turn out to be almost painful in the home. How do you know? Let's begin with what sound systems are all about. The name of the game has been and still is an attempt to reproduce a live concert in your living room.

When you start looking, look for speakers. This is predicted on the fact that the state of audio stores in Ottawa is lousy. Most 'good' stores package a system which includes all the components and let you listen to what you'll be buying. There is only one place in Ottawa which follows this practice and they only have 2 systems. Bring along some records you are familiar with which include a good dynamic range ie voice, bottom, tinkly bells etc. Now you know it should sound better so expect that but does it sound real? When you close your eyes is there an illusion of reality? Good speakers today can almost, and I don't say this in jest, can almost let you see the performer from the knees up and they aren't necessarily expensive. Listen to the sound for at least 10 minutes. Do you get tired or a bit headachy? This is crucial. A spectacular sounding speaker may sound that way because of harshness which will cause listening fatigue quickly. If you bring a system like this home you'll find that you'll be turning the volume down or adjusting the tone controls to get rid of that 'sound' that bothers you. A speaker that you'll be satisfied with will often be unimpressive at first hearing. That is because it is smooth and unobtrusive. Bring a pair of these home and quite often you'll forget you're listening to a sound system.

If you find a pair you like don't buy them right away. More often than not a salesman will A-B ie instantly compare them with another pair while trying to show you that his favourite has more bottom, the

voices are more outstanding and the others are rather dull. The dullness quite often is an absence of those irritating things mentioned above.

It's not entirely true that you can't remember sound. If you wake up the next day and the sound of the system is still in your head chances are you'll be happy. In any event you'll be looking around.

Once you've found a pair out what the manufacturer says the power requirements are for using the speakers in an average listening area. You must then decide whether you'll want to listen to FM and if so get a receiver or if not, or if the price is prohibitive get an integrated amp. You can always add a tuner to your system later. Just make certain that you get the right number of WATTS per channel to drive the speakers.

There is a standardized measurement of power. Find out the number of WATTS RMS per channel required to drive the speaker and then buy a receiver or an integrated amp which can deliver at least that number of watts RMS per channel. If you buy an underpowered receiver or integrated amp it will probably burn out trying to produce what it doesn't have. An overpowered unit can be a safety factor so long as you don't decide to find out how loud your speakers can sound in which case they will probably burn out. An overpowered amp is a safety factor in that if your speakers need 25 watts RMS per channel to fill an ordinary listening area and your receiver is rated at 50 watts or 25 watts RMS per channel, you will constantly be driving your receiver to its maximum. In this case a 30 watt RMS per channel receiver or more would be better.

If you are going to listen to records you'll need a record player. You'll have to decide between an automatic or manual on the basis of your needs. The same holds true for tape recorders.

Cartridges are hard things to buy but, as mentioned before, are only really crucial on more sophisticated systems. Usually price is an indication of quality although it's not a firm guideline. Just make sure that your tone arm will be able to track the cartridge at the manufacturer's stated weight. There is no point in buying a cartridge at the manufacturer's stated weight. There is no point in buying a cartridge that will track at 1/2 a gram if your arm can't match this. Instead of saving your records you'll be destroying them as the arm will bounce off the groove walls.

Etc.

Power does not necessarily mean volume. It all depends on the efficiency of the speaker. A more efficient speaker is not necessarily better. My present amp produces 600 watts and I need a bigger one. No I am not deaf my speakers are inefficient. The classic example is that in order to adequately reproduce a piano in loud passages you need between 1500 and 2000 watts.

Quadrophonic systems are fun but not real. What is lacking in stereo is the ambience of the concert hall ie the sound around and behind you. Clapping on a stereo system is heard from the front only. In quad it is all around which is correct. The problem with quad is that the recording engineers are feeding information to the rear channels. As a result you hear the drums and guitar behind, the voice and bass in front and so

What a Sound System

Should Be (Continued)

on. It's not real. A good substitute in the as yet not developed area of quadriphony is to parallel two speakers in the rear. This is a lot of fun and fairly inexpensive.

Shopping in Ottawa is horrible. Nobody deals. You have to remember that the minimum mark up is 30 percent and that the average is 40 percent or more. Toronto stores are quite willing to consider 20-25 percent off, but this is unheard of in Ottawa. There seems to be only one half decent sale in Ottawa and that is Wackid's in August. They cut prices on discontinued items by 30 percent, but because they've bought the last of the supply from the distributor they're still making 20 percent.

A good, cheap, quality source used to be in Britain. The British, unlike their cars, produce very fine equipment which can be had from mail order houses in the U.K. You pay only the shipping rate and a 12 percent excise tax. This was super when the pound was only worth \$2.32 but now it may be a different story. I bought a pair of speakers from Britain and landed them including tax at \$550.00. I saw them in a store a week later selling at \$1,100.00. How you find out about the stores is through a monthly magazine called "hi-fi news and record reviews". It can only be found in Smiths Bookstores.

I hope that will be the only magazine you ever buy and this the last article on stereo you ever read. I can't help but say it again — it's between you and your ears.

Student Rights

What happened was this guy Jerry Farber wrote an article in the sixties called "the student as nigger". Gerry and Lance thought it would be a good idea to print it as the article for student rights. Bob N. thought that it might not be such a good idea because it was written years ago. I wanted to leave the section for student rights blank.

Anyway Mr. Farber's article is pretty entertaining and worth reading. Besides it will probably really upset a few academics. There are few sights as rewarding as an upset academic when the crystal palace is attacked by someone.

The Student as Nigger

Jerry Farber

Students are niggers. When you get that straight, our schools begin to make sense. It's more important though, to understand why they're niggers. If we follow that question seriously, it will lead us past the zone of academic bullshit, where dedicated teachers pass their knowledge on to a new generation, and into the nitty-gritty of human needs and hangups. From there we can go on to consider whether it might ever be possible for students to come up from slavery.

First, look at the role students play in what we like to call education. At Cal State where I teach, the students have separate and unequal dining facilities. If I bring a student into the faculty dining room, my colleagues get uncomfortable, as though there were a bad smell. If I eat in the student cafeteria, I become known as the educational equivalent of a "nigger-lover". In at least one building there are even rest rooms which students may not use. Also there is an unwritten law barring student-faculty lovemaking. Fortunately, this anti-miscegenation law, like its Southern counterpart, is not 100 per cent effective.

Choose Homecoming Queen

Students at Cal State are politically disenfranchised. They are in an academic Lowndes County. Most of them can vote in national elections -- their average age is about 26 -- but they have no voice in the decisions which affect their academic lives. The students are, it is true, allowed to have a toy government of their own. It is a government run, for the most part, by Uncle Toms, concerned principally with trivia. The faculty and administrators decide what courses will be offered; the students get to choose their own Homecoming Queen. Occasionally, when student leaders get uppity and rebellious, they're either ignored, put off with trivial concessions, or maneuvered expertly out of position.

A student at Cal State is expected to know his place. He calls a faculty member "Sir" or "Doctor" or "Professor" and he smiles and shuffles some as he stands outside the professor's office waiting for permission to enter. The faculty tell him what courses to take (in my department, English, even electives have to be approved by a faculty member); they tell him what to read, what to write, and frequently, where to set the margins on his typewriter. They tell him what's true and what isn't. Some teachers insist that they encourage dissent but they're almost always lying and every student knows it. Tell The Man what he wants to hear or he'll fail you.

When a teacher says "jump" students jump. I know of one professor who refused to take up class time for exams and required students to show up for tests at 6:30 in the morning. And they did, by God! Another, at exam time, provides answer cards to be filled out -- each one enclosed in a paper bag with a hole cut in the top to see through. Students stick their writing hands in the bags while taking the test. The teacher isn't a provo; I wish he were. He does it to prevent cheating. Another colleague once caught a student reading during one of his lectures and threw her book against the wall. Still another lectures his students into a stupor and then screams at them in rage when they fall asleep.

Class is Not Dismissed!

During the first meeting of a class, one girl got up to leave after about ten minutes had gone by. The teacher rushed over, grabbed her by the arm, saying "This class is not dismissed!" and led her back to her seat. On the same day another teacher began by informing his class that he does not like beards, mustaches, long hair on boys, or capri pants on girls, and will not tolerate any of that in his class. The class, incidentally consisted mostly of high school teachers.

Even more discouraging than this Auschwitz approach to education is the fact that the students take it. They haven't gone through twelve years of public school for nothing. They've learned one thing and perhaps only one thing during those twelve years. They've forgotten their algebra. They're hopelessly vague about chemistry and physics. They've grown to fear and resent literature. They write like they've been lobotomized. But Jesus, can they follow orders! Freshmen come up to me with an essay and ask if I want it folded and whether their name should be in the upper right hand corner. And I want to cry and kiss them and caress their poor, tortured heads.

Students don't ask that orders make sense long before they leave elementary school. Things are true because the teacher says they're true. At a very early age we all learn to accept "two truths", as did certain medieval churchmen. Outside of class things are true to your tongue, your finger, your stomach, your heart. Inside class, things are true by reason of authority. And that's just fine because you don't care anyway. Miss Wiedemeyer tells you a noun is a person, place or thing. So let it be. You don't give a rat's ass; she doesn't give a rat's ass.

Sirens and A Rattle of Bullets

The important thing is to please her. Back in kindergarten, you found out that teachers only love children who stand in nice straight lines. And environment is potentially dangerous because the very classroom is contaminated. As hard as I may try to turn students on to poetry, I know that the desks, the tests, the IBM cards, their own attitudes toward school, and my own residue of UCLA method are turning them off.

Make Them Willing Slaves

Another result of student slavery is just as dangerous--students don't get emancipated when they graduate. As a matter of fact, we don't let them graduate. As a matter of fact, we don't let them graduate until they've demonstrated their willingness--over 16 years--to remain slaves. And for important jobs, like teaching, we make them go through more years just to make sure.

The Student as Nigger

(Continued)

What I'm getting at is that we're all more or less niggers and slaves, teachers and students alike. This is the fact you have to start with in trying to understand wider social phenomena, say, politics, in our country and in other countries.

Educational oppression is trickier to fight than racial oppression. If you're a black rebel they can't exile you; they either have to intimidate you or kill you. But in high school or college, they can just bounce you out of the fold. And they do.

Rebel students and renegade faculty members get smothered or shot down with devastating accuracy. In high school, it's usually the student who gets it; in college, it's more often the teacher. Others get tired of fighting and voluntarily leave the system. But dropping out of college, for a rebel, is a little like going North, for a Negro. You can't really get away from it so you might as well stay and raise hell.

Organize for Freedom Now

How do you raise hell? That's another article. But for a start, why not stay with the analogy? What have black people done? They have, first of all, faced the fact of their slavery. They've stopped kidding themselves about an eventual reward in the Great

Watermelon Patch in the sky. They've organized. They've decided to get freedom now, and they've started taking it.

Students, like black people, have immense unused power. They could, theoretically, insist on participating in their own education. They could make academic freedom bilateral. They could teach their teachers to thrive on love and admiration rather than on fear and respect, and to lay down their weapons. Students could discover community. And they could learn to dance by dancing on the IBM cards. They could make colouring books out of the catalogues and they could put the grading system in a museum.

They could raze one set of walls and let life come blowing into the classroom. They could turn the classroom into a "field of action" as Peter Marin describes it. And they could study for the best of all possible reasons—their own resources.

They could. They have the power. But only in a very few places, like Berkeley, have they even begun to think about using it. For students as for black people, the hardest battle isn't with Mr. Charlie. It's with what Mr. Charlie has done to your mind.



The Student as Nigger

(Continued)

That's where it's been at ever since. Nothing changes except to get worse. School becomes more and more obviously a prison. Last year I spoke to a student assembly at Manual Arts High School and then couldn't get out of the god-damn school. I mean there was no way out. Locked doors. High fences. One of the inmates was trying to make it over a fence when he saw me coming and froze in panic. For a moment, I expected sirens, a rattle of bullets, and him clawing the fence.

Then there's the infamous "code of dress". In some high schools, if your skirt looks too short, you have to kneel before the principal, in a brief allegory of fellatio. If the hem doesn't reach the floor, you go home to change while he, presumably jacks off. Boys in high school can't be too sloppy and they can't be too sharp. You'd think the school board would be delighted to see all the spades trooping to school in pointy shoes, suits, ties and stingy brims. Uh-uh. They're too visible.

What school amounts to, then, for white and black kids alike, is a 12-year course in how to be slaves. What else could explain what I see in a freshman class? They've got that slave mentality; obliging and ingratiating on the surface but hostile and resistant underneath. Like black slaves, students vary in their awareness of what's going on. Some recognize their own put-on for what it is and even let their rebellion break through to the surface now and then. Others -- including most of the "good students" -- have been more deeply brainwashed. They swallow the bullshit with greedy mouths. They honest-to-God believe in grades, in busy work, in general education requirements. They're pathetically eager to be pushed around. They're like those old grey-headed house-niggers you can still find in the South who don't see what all the fuss is about because Mr. Charlie "treats us real good."

They Cheat A Lot

College entrance requirements tend to favor the Toms and screen out the rebels. Not entirely, of course. Some students at Cal State are expert con artists who know perfectly well what's happening. They want the degree and spend their years on the old plantation alternately laughing and cursing as they play the game. If their egos are strong enough, they cheat a lot. And of course, even the Toms are angry down deep somewhere. But it comes out in passive rather than active aggression. They're unexplainably thick-witted and subject to frequent spells of laziness. They misread simple questions. They spend their nights mechanically outlining history chapters while meticulously failing to comprehend a word of what's in front of them.

The saddest cases among both black slaves and student slaves are the ones who have so thoroughly introjected their masters' values that their anger is all turned inward. At Cal State these are the kids for whom every low grade is torture, who stammer and shake when they speak to a professor. They go through an emotional crisis every time they're called upon during class. You can recognize them easily at finals time. Their faces are festooned with fresh pimples; their bowels boil audibly across the room. If there

really is a Last Judgment, then the parents and teachers who created these wrecks are going to burn in hell.

So students are niggers. It's time to find out why, and to do this, we have to take a long look at Mr. Charlie.

The teachers I know best are college professors. Outside the classroom and taken as a group, their most striking characteristic is timidity. They're short on balls. Just look at their working conditions. At a time when even migrant workers have begun to fight and win, college professors are still afraid to make more than a token effort to improve their pitiful economic status. In California state colleges the faculties are screwed regularly and vigorously by the governor and legislature and yet they still won't offer any solid resistance. They lie flat on their stomachs with their pants down mumbling catch-phrases like "professional dignity" and "meaningful dialogue."

They Copped Out

Professors were no different when I was an undergraduate at UCLA during the McCarthy era; it was like a cattle stampede as they rushed to cop out. And in more recent years, I found that my being arrested in sit-ins brought from my colleagues, not so much approval or condemnation as open-mouthed astonishment: "You could lose your job!"

Now, of course, there's the Vietnamese war. It gets some opposition from a few teachers. Some support it. But a vast number of professors, who know perfectly well what's happening, are copping out again. And in the high schools you can forget it. Stillness reigns.

I'm not sure why teachers are so chickenshit. It could be that academic training itself forces a split between thought and action. It might also be that the tenured security of a teaching job attracts timid persons who are unsure of themselves and need weapons and other external trappings of authority.

At any rate, teachers are short on balls. And, as Judy Einstein has eloquently pointed out, the classroom offers an artificial and protected environment in which they can exercise their will to power.

Your neighbours may drive a better car; gas station attendants may intimidate you, your wife may dominate you; the state legislation may shit on you; but in the classroom, by God, students do what you say-or-else. The grade is a hell of a weapon. It may not rest on your hip, potent and rigid like a cop's gun, but in the long run it's more powerful. At your personal whim -- anytime you choose -- you can keep 35 students up for nights and have the "pleasure" of seeing them walk into the classroom pasty-faced and red-eyed carrying a sheaf of typewritten pages, with a title page, MLA footnotes and margins set at 15 and 91.

Respect for Authority

The general timidity which causes teachers to make niggers of their students usually includes a more specific fear -- fear of the students themselves. After all, students are different, just like black people. You stand exposed in front of them, knowing that their interests, their values and their language are different from yours. To make matters worse, you may suspect that you yourself are not the most engaging person. What then can protect you from their ridicule and scorn? Respect for authority. That's what. It's the

The Student as Nigger

(Continued)

policeman's gun again. The white bwana's pith helmet. So you flaunt that authority, You wither whisperers with a murderous glance. You crush objectors with erudition and heavy irony. And, worst of all, you make your own attainments seem not accessible but awesomely remote. You conceal your massive ignorance -- and parade a slender learning.

Finally, there's the darkest reason of all for the master-slave approach to education. The less trained and the less socialized a person is, the more he constitutes a sexual threat and the more he will be subjugated by institutions, such as penitentiaries and schools. Many of us are aware by now of the sexual neurosis which makes white man so fearful of integrated schools and neighborhoods, and which makes castration of Negroes a deeply entrenched Southern folkway. We should recognize a similar pattern in education. There is a kind of castration that goes on in schools. It begins, before school years, with parents' first encroachments on their children's free unashamed sexuality and continues right up to the day when they hand you your doctoral diploma with a bleeding, shriveled pair of testicles stapled to the parchment. It's not that sexuality has no place in the classroom. You'll find it there but only in certain perverted and vitiated forms.

Perversion is Intellectual

How does sex show up in school? First of all, there's the sadomasochistic relationship between teachers and students. That's plenty sexual, although the price of enjoying it is to be unaware of what's happening. In walks the student in his Ivy League equivalent of a motorcycle jacket. In walks the teacher -- a kind of intellectual rough trade -- and flogs his students with grades, tests, sarcasm and snotty superiority until their very brains are bleeding. In Swinburne's England, the whipped school boy frequently grew up to be a flagellant. With us their perversion is intellectual but it's no less perverse.

Sex also shows up in the classroom as academic subject matter -- sanitized and abstracted, thoroughly divorced from feeling. You get "sex education" now in both high school and college classes; everyone determined not to be embarrassed, to be very up-to-date. These are the classes for which sex, as Feiffer puts it, "can be a beautiful thing if properly administered." And then, of course, there's still another depressing manifestation of sex in the classroom: the "off-color" teacher, who keeps his class awake with sniggering sexual allusions, obscene titters and academic innuendo. The sexuality it purveys, it must be admitted, is at least better than none at all.

Underneath the Petti-Pants

What's missing, from kindergarten to graduate school, is honest recognition of what's happening -- turned-on awareness of what's underneath the petti-pants, the chinos and the flannels. It's not that sex needs to be pushed in school; sex is pushed enough. But we should let it be where it is and like it is. I don't insist that ladies in junior high school lovingly caress their students' cocks (someday, maybe); however, it is reasonable to ask that the ladies don't, by example and stricture, teach their students to pretend that they

aren't there. As things stand now, students are psychically castrated or spayed -- and for the very same reason that black men are castrated in Georgia; because they're a threat.

So you can add sexual repression to the list of causes, along with vanity fear and will to power, that turn the teacher into Mr. Charlie. You might also want to keep in mind that the was a nigger once himself and has never really gotten over it. And there are more causes, some of which are better described in sociological than in psychological terms. Work them out; it's not hard. But in the meantime what we've got on our hands is a whole lot of niggers. And what makes this particularly grim is that the student has less chance than the black man of getting out of his bag. Because the student doesn't even know he's in it. That, more or less, is what's happening in higher education. And the results are staggering.

For one thing damn little education takes place in the schools. How could it? You can't educate slaves; you can only train them. Or, to use an uglier and more timely word, you can only program them.

Hands in Some Clay

I like to folk dance. Like other novices, I've gone to the Intersection or to the Museum and laid out good money in order to learn how to dance. No grades, no prerequisites, no separate dining rooms; they just turn you on to dancing. That's education. Now look at what happens in college. A friend of mine, Milt recently finished a folk dance class. For his final he had to learn things like this: "The Irish are known for their wit and imagination, qualities reflected in their dances, which include the jig, the reel and the horn-pipe." And then the teacher graded him A, B, C, D, or F, while he danced in front of her. That's not education. That's not even training. That's an abomination on the face of the earth. It's especially ironic because Milt took that dance class trying to get out of the academic rut. He took crafts for the same reason. Great, right? Get your hands in some clay? Make something? Then the teacher announced that a 20-page term paper would be required -- with footnotes.

At my school we even grade people on how they read poetry. That's like grading people on how they fuck. But we do it. In fact, God help me, I do it. I'm the Simon Legree of the poetry plantation. "Tore that lamb! Lift that spondee!" Even to discuss a good poem in that environment is potentially dangerous because the very classroom is contaminated. As hard as I may try to turn students on to poetry, I know that the desks, the tests, the IBM cards, their own attitudes toward school, and my own residue of UCLA method are turning them off.

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Table Hockey

Few things in life can be as satisfying as seeing your right winger rush down the ice, flip a pass over to your centre who fires a shot into upper right hand corner of the net. A goal! How can you tell? A little red button pops up behind the net—the same little red button you bounce down to retrieve the ball-bearing puck from the net. After the goal is noted on the score board place the puck in the delayed action puck dropper and get set for the faceoff.

If you think the present writer is peculiar he is in good company. Last February, prior to the NHL All-Star Game, the first international table hockey championship was held. Hundreds of competitors showed up. Table hockey had been rejuvenated from the realm of younger brother to that of the more astute craftsmanship of older and more skillful, albeit cheerful dopers and university students.

The kits usually appear about the 1st of November in the larger retail stores ready to be gobbled up and wasted on the usually unappreciative offspring of Peter Public-Servant. By all means beat them to the store. Start a league. Go nuts — it really is quite fun. There is even a table hockey hustler at Carleton.

Your choice is somewhat limited. There are basically four games available.

- 1 NHL Action Table Hockey Game — Sometimes refereed to as the Toronto Maple Leaf's Table Hockey Game. It is, as are the Leafs, a loser. It's redeeming feature is in its price. It is the cheapest set around. You are paying for a very basic, semi-O.K. game which lacks some of finer points which can make it even more enjoyable. For instance, the centre man is controlled by the lever on the left side of the goalie. As most people are right-handed this proves to be somewhat unfortunate. The game as well is rather slow.
- 2 The Bobby Orr Table Hockey Game — While Consumers Union would probably pick the first game, there can be no doubt that this is a best buy. You get: a delayed action puck dropper, a ball-bearing puck, uniforms for all the NHL teams, the puck can travel behind the net, a goal indicator and the ability to set up plays. I got mine for \$12.88 at Shopper's City but I've seen them as high as \$26.00 downtown. A few suggestions are in order. Pussy cats love to play with the puck and often hide it under refrigerators and the like, so save the form for ordering extra parts. Also, to make the game incredibly fast spray the ice surface with wax—Pledge or something and wipe dry. As this is a kit you'll encounter difficulties with centering the puck drop and your goalies might develop the stickies, nothing that a little ingenuity can't resolve. One final consideration, the centre is on the right hand side of the goalie. Oh yeah and get some rubber thimbles that secretaries use to protect your fingers. Besides which, you will get a better shot away.
- 3 I don't know what it's called but it's \$50.00 and a waste of money. Sure it has some redeeming features such as the defencemen can go up to the blue line, the goalie can go out of his net, the players are three dimensional, but apart from this it's inept. The centre is, you guessed it, towards the south. The surface is so large as to be suitable for team play only and you can't really control the play to the

degree of the Bobby Orr game. Check it out though, it's at Crazy Eddy's on Bank Street.

- 4 This is only a rumour spread by Crazy Eddy himself, but he reckons he will have an all electric, remote control operated table hockey game for over \$100.00. This is no doubt designed for those of us with no hands just as quadrophonic headphones have been designed for those humans who possess four ears.

In sum table hockey is a very fine way indeed to spend a lot of time. If you should decide to get into it and discover any innovative kinds of things let us know so that we can spread the word. One absolutely final cautionary note. Should you decide to form a league make certain all of you purchase the same game and play by the same rules. You have no idea of the hassles you....

Tuition

Your tuition includes tithes paid by you to the Student's Association, Athletics, Health Services, and University Centre. All these additional fees unlike the money you are paying to the University to go to school, are not tax deductible. There are several methods of paying your fees outlined in the Calendar. It can be very important to chose the best one for you as failure to pay the installments on time can result in incredible hassles. By the way if you are getting a loan from the Ontario government the grant portion will be issued in January. Despite the fact that the cheque is issued in your name the University will automatically take the amount owed them out before they give you the money. This can be a real drag if you need the money for incidentals like food and rent.

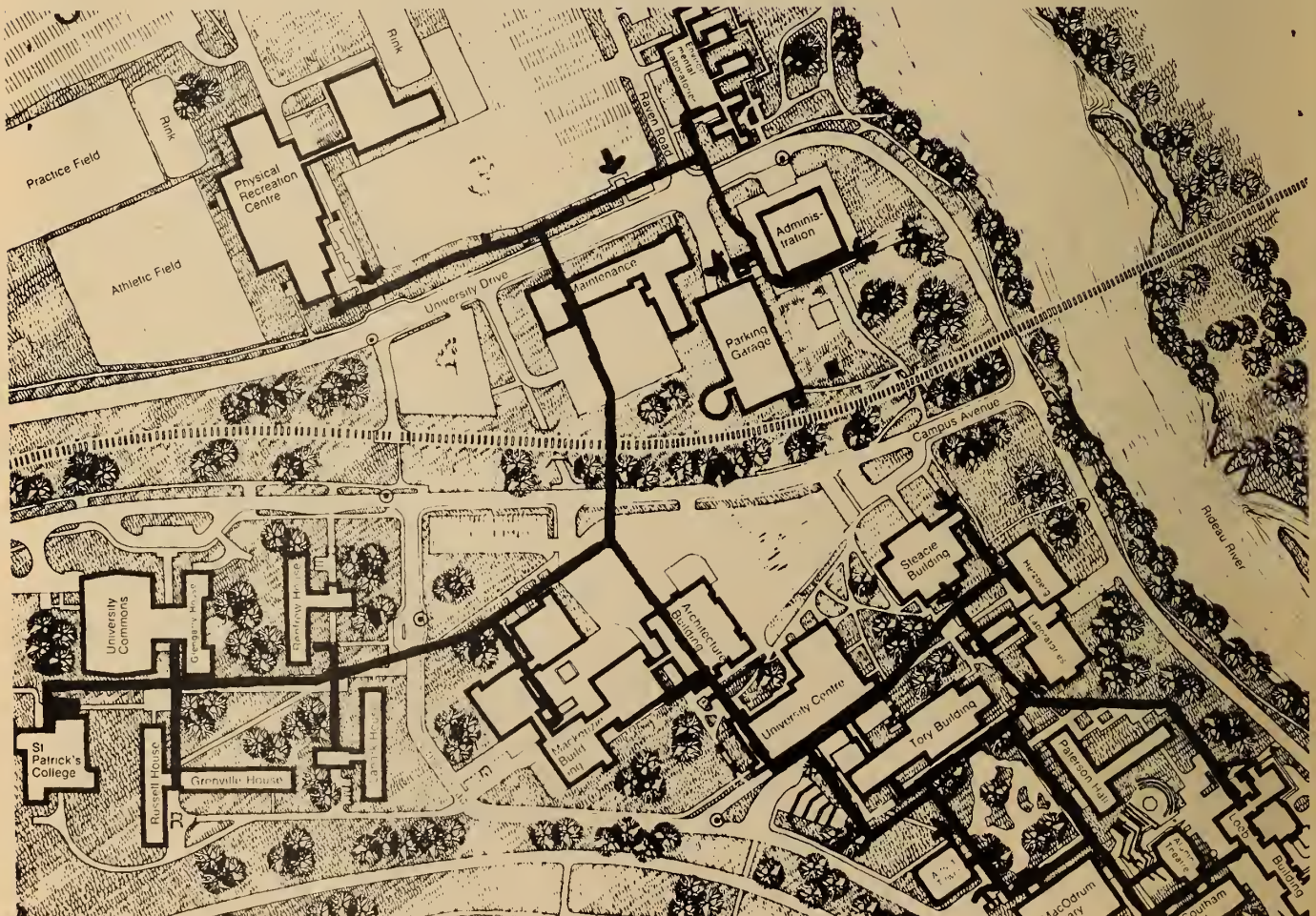
The University reserves the right to not accept your personal cheques if you "abuse" this method of payment. If you give them a bad cheque or make a mistake on your cheque so that your bank won't cash it there will be a service charge of \$5.00.

You can be kicked out of school for failure "to complete the payments as arranged at Registration, or...to make satisfactory arrangements for the discharge of fees...by the last payment due-date." If you are going to run into trouble paying your fees go to one of the counselling services for advice on how to approach the problem. Talk to the people at the Registrar's Office and the Awards Office. There are people around here who will help you.

Tunnels

Carleton is the only university in Ontario which allows, through its tunnel system; a student to spend months at a time without going outside. The tunnels are good in the winter, some days in the spring and fall, and on hardly any days in the summer.

On the tunnel walls are green borders inside of which information and publicity posters accumulate. Outside the green borders you can read graffitti and find out which authors are the latest academic cult heroes. (This can also be ascertained by finding out the latest appointments to the English department of N.Y.U.)





Transportation

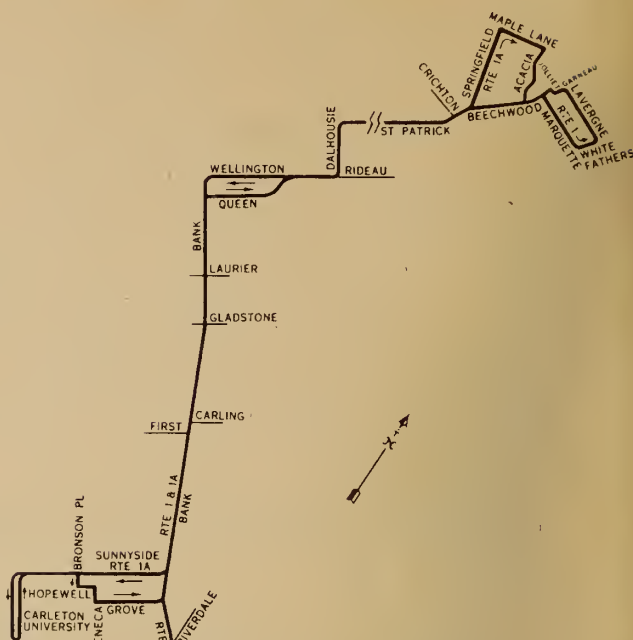
To get around town the best and most economical way is the city Bus system. It cost 30 cents a shot or four tickets for \$1.00. University students do not get student fare rates mostly because Students' Council never really pushed it.

Hitch hiking is still a good way to get off campus. However since there are only two exits from the campus it is sometimes difficult to get the right car going in your direction. Hitching to school depends a lot on your starting point.

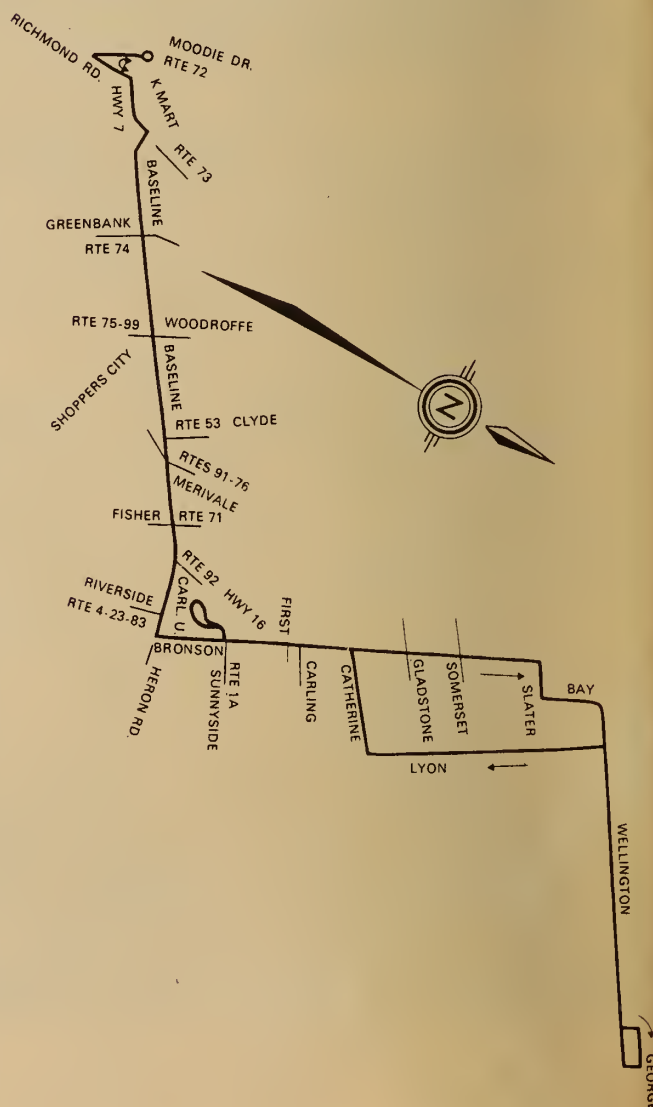
The campus is fairly well serviced by the Regional Municipality Buses.

The 1A Bus which travels up and down back streets comes onto and circles the campus. The 71 travels from the West along Baseline road through the campus and up Bronson towards downtown. Both buses come through the campus about every fifteen minutes.

BANK — ST. PATRICK
Heron Rd. — Seneca — Carleton Univ.



BELLS CORNERS — WALLER
Baseline — Confederation Hts. — Carleton U.



Travel

An Air-Canada "Swing-Air" card is available to anyone between the ages of 12 and 21. All you need is some identification. It costs \$3.00 and will get you reduced fares on flights. There are hazards, however and if you travel from Ottawa to Vancouver it is reasonably likely that you will be bumped off somewhere along the route. Hopefully it won't be in Winnipeg.

Unsurprisingly the C.N.R. has a working arrangement with Air Canada. You can use a "Swing-Air" or any other validated airline youth card for reduced train fares. C.P.R. has no youth plan for train travel.

CN divides its week into Red, White, and Blue days. On Red the cheapies you receive a 20 percent discount, on White a 15 percent discount and on Blue a mere 10 percent.

There is a co-operative venture among the participating Councils, offering charter trips to Europe and the Caribbean, with any profits being shared in by the Councils. As a member of C.U.S.A. you automatically are accepted as a member of AOSC and are eligible to use the services. You don't have to worry about phoney memberships or companies going bankrupt with you being stuck in Luxembourg with a useless return ticket.

Last year CUSA began a unique domestic busing operation. Over the winter, the service will offer up to 50 percent discount on Voyageur lines to Toronto, Kingston, Peterborough, North Bay, Montreal and Quebec City. Buses are regularly scheduled to leave the Centre Fridays. They are not charters, and passage is guaranteed to every student by Voyageur.

The Travel Service will also be operating special bus excursions to Stratford, the Quebec Carnival, NHL games and ski resorts. By the fall, CUSA expects to have a Travel Office built in the Centre where all information and tickets for overseas as well as domestic travel can be readily obtained. Until it is opened, make all inquiries through Karl Gildner in the Council office.

You should also check the bulletin boards in the Unicentre as there are often rides or passengers advertised to various cities.

Unemployment Insurance

While you are taking courses at a post-secondary school institution you are not permitted to collect unemployment insurance. However should you decide not to return to school or after graduation you are permitted to collect providing you have worked at least eight weeks in the previous year and have contributed through your pay cheque deductions.

When you work you are attached to the work force. There are two types of attachment, minor and major. A minor attachment is one which lasts between eight and nineteen works. A major attachment last twenty or more weeks. The number of weeks you work has a direct bearing on the amount of time you are allowed to collect.

If you work from eight to fifteen weeks you are entitled to collect for eight weeks. Sixteen weeks allows you nine, seventeen - ten. When you become a major claimant your initial benefit period is fifteen weeks.

If you remain unemployed after this initial benefit period you are then entitled to an extended benefit of ten weeks.

Even after these ten weeks are over you may be eligible for further extended benefits.

If you are a major claimant your extension will be based on the length of time you worked. If you are a minor claimant your eligibility depends on the unemployment rate in the area of the country you live compared to the national employment rate.

When you leave your job you must obtain a Separation Certificate from your employer. This form will indicate your earnings and the length of time you were employed. Your separation certificate will also indicate the reason you are no longer attached to the work force.

If the Separation Certificate states that you were fired or quite your job you will have to justify your leaving the work force to the Commission. Almost invariably they will find your reasons inadequate and will penalize you by increasing your waiting period. If your employer indicates you were laid off due to a work shortage you will have no trouble qualifying for benefits.

As soon as you want to start collecting you should call, write or visit a U.I.C. branch office (in Ottawa 1560 Carling Avenue) and pick up a claimants kit. Fill out the application form and send it in immediately. U.I.C. does not believe in back pay. If your job ends in July and you don't claim until September your benefits will start from the time your application is processed, not from the last day at work.

Once you start collecting you will receive a cheque every two weeks. In the envelope containing the cheque is a report card which you fill out and send back the next week. It is crucial that you complete this card correctly and send it in at the proper time. Do not send it in early or the commission will conclude that you have not spent every day looking for work.

It is believed necessary to maintain a certain percentage of the population unemployed. Full employment is considered inflationary. Unemployment is government and business policy. If you are entitled to it, collect it.

The Unicentre

The University Centre is a recreation complex, meetingplace, and hang out. It tries to offer something for everyone and is considered the focal point of student activity. It contains the offices of Student's Association the media, the Pub and other facilities. These facilities include but are not limited to lounges, cafeterias, the "Store", games rooms, music practise rooms, Arts & Crafts, workshop, and "Rooster's Coffee House." For more information consult the Association offices' blurb which they decided to mail to you.

Voting

There are many opportunities to vote for things on campus, you may as well vote for a couple of things each year. It makes as much sense as anything else. You'll need your student card when you exercise your democratic right at Carleton.

If you don't live permanently in Ottawa and there is an election off campus that you might want to cast your ballot in (one of the great things about voting is the number of cliches you can use to pad an article) you should get in touch with one of the political organizations on campus (Young Libs, Young P.C.'s, N.D.Y) to find out about getting enumerated at Carleton so that you don't have to go all the way home to vote.

Withdrawing

O.K. you've seen what higher education is all about and it's not all that much. Getting out of Carleton is not as complicated as getting in, but almost. You are worth money to the University while you are here and not worth anything if you leave for the real world.

Here's how to get out. Apply on the designated form, which you can pick up at the Registrar's Office. Turn in the completed form and your student's card to your faculty Registrar's Office as soon as you decide to make a break for it. Your refund is calculated from the time they receive the card.

You will probably assume that if you pay \$500.00 and decide to withdraw halfway through you should get \$250.00 back. This is logical but who mentioned logic? Universities are run economically not logically. There is a nice little chart which the University has set up which seems to maximize the time you spend here for the University's economic benefit.

Withdrawal Dates

October 23 is the final day for withdrawing from first term half courses

February 15 is the final day for withdrawing from full courses and second term half courses.

If you want to withdraw from a course or from the University after the final dates you will be marked absent for your final exams and will not get any money back or be reinstated in that course. If you withdraw before the deadlines your "promotional status as prescribed by faculty regulations" may be affected.

They really want you to hang around.

Welfare

The Ottawa Welfare Office is located at 2197 Riverside Drive East. Tel. 737-5520. General Welfare Assistance is designed to cover cases of short-term or temporary financial need. If you can't get any money from an office at Carleton you could check with Welfare. They should be your last resort and in that case will probably help.



Women's Centre

136 Lewis (at rear) near Elgin; 233-2560.

The "Centre is a meeting place for women. It offers a number of services including information and referral, job counselling and a feminist library. Information relating to women has been compiled on such subjects as education, re-education, day care centres, judicial and medical aid, marriage, birth control, abortion, divorce, working conditions and women's rights. It publishes a monthly newsletter that is sent to those who wish to be on the mailing list.

The End of the Book

Anyone who thinks this book is complete and provides the answer for survival at Carleton is guilty of a faith in administrators. There is little evidence to support such a belief.

